



# FORGING THE

# WARRIOR SPIRIT

## THE JRTC & FORT POLK GUARDIAN

Vol. 46, No. 8

Feb. 22, 2019

**SPECIAL HOUSING EDITION**



**Hello!**

I am your housing advocate! My name is Col. Jarrett Thomas and you can call me at 531-1606 or (337) 208-2506, or send an email to [usarmy.polk.imcom.mbx.cmd-grp@mail.mil](mailto:usarmy.polk.imcom.mbx.cmd-grp@mail.mil) if you have any housing concerns.

# ICE

See page 3 to learn how to use the Interactive Customer Evaluation system

## Housing initiatives

These are some of the changes being implemented for Fort Polk housing:

1. Corvias offices are now open one hour later (until 6 p.m.) Tuesdays.
2. Corvias now offers replacement lightbulbs. Residents can submit a work order or bring their bulbs to the community centers to initiate the replacement process.
3. The fee associated with

reserving a community center multi-purpose room has been eliminated.

4. The garrison commander will lead a medical review board for housing-related health issues.
5. Maintenance personnel will call or text before they arrive at your home.
6. Work orders can now be submitted in person at neighborhood centers.

All meetings held at Bayou Theater:

- **Today at 1:30 p.m.**  
hosted by Brig. Gen. Patrick D. Frank, Joint Readiness Training Center and Fort Polk commander.
- **Monday at 2 and 6 p.m.**  
led by the Department of the Army Inspector General
- **Tuesday at 10 a.m.**  
led by the DAIG.

## Town Hall Meetings

### Corvias Call Center

Residents should call (866) 436-2047 for all maintenance questions and concerns.



### Playground repair

Two playgrounds, including this one on Bazydlo Court, have been repaired and are open for use. Warranty repairs on remaining playgrounds begin later this month. Playgrounds and pothole repair remain a top priority in housing areas. See **page 6** of today's Guardian for a list of other concerns that were addressed at a Fort Polk Town Hall meeting in January, and **page 5** for a story on the importance of resident feedback.

PUBLIC AFFAIRS OFFICE



## In our view

### GUARDIAN STAFF

With the concerns about on post housing, the Guardian staff was tasked with asking Fort Polk housing residents the question: Do you have issues or comments concerning housing? The following are their answers:

**Carla MacDonald:** MacDonald has lived in housing for four years.



"My experience with maintenance has been positive overall. They are quick and profession-

al. I really appreciate the recent updates on the outside of the houses and look forward to the repairs that need to take place on the roads," she said.

"My only concern is with the lawn and electrical subcontractors. There seems to be a disconnect in communication that happens between the resident repair request, Corvias and the subcontractor. It seems to take a long time for things to happen," said MacDonald.

**Carrie Smith:** As a military spouse of 23 years, Smith said she and her husband have lived in military housing for all but eight of those years. They have lived in Fort Polk hous-



ing in 1996-98 and from 2013-present.

"I go back and forth on this subject. Having housing available is a

positive thing. You have a support community and my husband loves being close to work, but I believe the privatization of housing changed a lot of things," she said.

"There used to be an expectation that Soldiers and Families would take responsibility for taking care of their homes and the homes were better taken care of overall. Now it's up to housing to take care of everything and it's frustrating when it takes too long to fix an issue that doesn't get fixed correctly the first time," said Smith.

"My biggest concern is the lack of basic upkeep of the properties. There is a lot of what I call band-aid fixes that don't fix the original reason for the problem or fixes the problem but doesn't correct any of the issues that might have resulted from the original problem. Maintenance "fixed" my ceiling in my kitchen. It looks like a three year old could have done a better job. That's why 90 percent of the time I hesitate to call them. I feel like if I do the work myself, at least it will be done right," she said.

**Cpl. Devon Douglas:** Douglas has lived in housing for two years.



"Housing takes good care of me. They do a good job. You can call in an order and they

are there quickly and are professional. For example, it was Thanksgiving and my sink decided to break. There was water shooting out of it. I called and 10 minutes later someone was at my home to fix the sink. They explained what was wrong, fixed the problem and

it hasn't given me any trouble since then," said Douglas.

**Angela Chopper:** Chopper and her Family have lived in housing for four years.



"Our house is old — probably around 40 years or so. That's probably some of the oldest

housing on post. That being said, it has old house problems such as settling, loose screws, electrical difficulties and more. For example, when it rains at a certain angle we lose electricity outside of the house, as well as inside the house in our bathrooms. That can be a little scary. I also had a plug in my sewing room blow. The electrician who fixed it said the wiring wasn't done right originally. That worries me," she said.

"On a positive note, I think some of the maintenance men are amazing people — other things about housing, not so much. I put in a request to fix my door knob. It took a dozen calls to get that door-knob fixed right. We have lived in older homes at other posts and they were better maintained than they are here," said Chopper.

**Ashley Barrett:** Barrett has lived in Fort Polk housing since 2012.



"The only thing I like is the area around us. We have a lot of trees and yard space, and a park

Please see **People**, page 5

## Housing message from SA, CSA

We are deeply troubled by the recent reports highlighting the deficient conditions in some of our family housing. It is unacceptable for our Families who sacrifice so much to have to endure these hardships in their own homes. Our most sacred obligation as Army leaders is to take

care of our people — our Soldiers and our Family members. We are fully committed to providing a safe and secure environment on all of our installations. We have directed an Inspector General investigation and have taken other actions.

We will hold our chain of com-

mand and private contractors accountable to ensure they are meeting their obligations to provide safe, high quality family housing.

- **Secretary of the Army Mark T. Esper and Army Chief of Staff Gen. Mark A. Milley**



## Guardian

### Editorial Staff

**Brig. Gen. Patrick D. Frank**  
Joint Readiness Training Center  
and Fort Polk commanding general

**Col. Jarrett Thomas II**  
Garrison commander

**Kim Reischling**  
Public affairs officer

**Chuck Cannon**  
Editor

**Jean Dubiel**

**Angie Thorne**  
Staff writers

**Editorial Offices**  
Building 4919, Magnolia Street  
Fort Polk, LA 71459-5060  
Voice (337) 531-4033  
Fax (337) 531-1401

Email: [Kimberly.Reischling@us.army.mil](mailto:Kimberly.Reischling@us.army.mil)

Trading post ads:

[tradingpostads@yahoo.com](mailto:tradingpostads@yahoo.com)

**Fort Polk Homepage**

<http://www.jrtc-polk.army.mil>

### Advertising

For advertising contact  
Theresa Larue  
(337) 404-7242

Email: [sales@thefortpolkguardian.com](mailto:sales@thefortpolkguardian.com)

The **Guardian**, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the **Guardian** are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or Fort Polk.

The **Guardian** is published weekly by the Public Affairs Office, Joint Readiness Training Center and Fort Polk. Printed circulation is 13,000.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source.

All editorial content of the **Guardian** is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

The **Guardian** is printed by the **Natchitoches Times**, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Polk. The civilian printer is responsible for commercial advertising.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or the **Natchitoches Times** of the products or services advertised.

## Briefs

### Hiring, education event

Fort Polk hosts a hiring and education event for the military community April 25 at 10 a.m. at the Warrior Fitness Center. Information about education and career opportunities is offered to Soldiers, spouses, retirees, veterans and Department of the Army civilians. For more information call the Soldier for Life-Transition Assistance Program at 531-1591.

### Exchange construction

The Exchange will begin construction on a new freezer/cooler unit at the Express 1 store, Louisiana Avenue and La. Hwy 467, March 5.

The project is expected to take up to 30 days.

Frozen food, dairy and chilled non-alcoholic beverages will remain available at Mini Mall Express, 2275 Louisiana Ave., North Fort Express, 2891 Chaffee Road, and North Fort Troop Store, 4535 Entrance Road. Cold beer will be available at the Class VI, 7720 Colorado Ave.

The Exchange apologizes in advance for any inconvenience this project may cause.

### DAV assistance

Disabled American Veterans Post 20, Leesville, has a new service officer, Hunter Young, to assist veterans with submitting VA disability claims by appointment only. The office is located in the Railway Suites, directly behind the Vernon Parish Courthouse on La. Hwy 468. Monthly meetings are held the third Monday of each month at 7 p.m.

The next meeting is Monday. Call (337) 353-4313 to schedule an appointment.

### ASP closure

The Ammunition Supply Point, bldg 4101, is closed March 19-21 for quarterly inventory. Call 531-0950/4793 for more information.

### Clinic relocates

The Women's Health Clinic and OB/GYN at Bayne-Jones Army Community Hospital relocates from the fourth to the fifth floor opposite the mixed medical surgical ward Monday.

Telephone numbers remain the same.

### Toastmasters meet

Toastmasters meets from noon-1 p.m. at the Fort Polk Education Center, 7460 Colorado Ave., room 208, on the first and third Wednesdays of each month. The next meeting is March 6. For more information call LaVersa Wiltz at (337) 208-8557.

## Offer positive, negative feedback via ICE

### GUARDIAN STAFF

FORT POLK, La. — When Soldiers or their Family members have issues with housing or any service matter on Fort Polk, the most effective way to have their voice heard is through the on-line Interactive Customer Evaluation system — known informally as ICE.

Leaving an ICE comment, “provides us customer feedback of the services received — positive feedback or what the installation needs to do to improve,” said Mark Lowry, Fort Polk ICE manager.

Lowry said to submit comments through ICE, customers can visit [www.ice.disa.mil](http://www.ice.disa.mil), fill out ICE comment cards available at program buildings or events, or scan QR codes available for each Fort Polk program or service via smart phones that directly link to the ICE comment website pertaining to that service.

He said that when filling out an evaluation through ICE it is important customers answer “yes” or “no” and not “N/A” to the question, “Were you satisfied with your experience?”

“If you leave it ‘N/A,’ the agency does not get (a service rating) for that comment,” Lowry said. “So if you write a great comment saying they’re a wonderful service and you forget to click that one box, then they don’t get credit for it. It’s a comment still in their system, but it doesn’t affect their overall rating.”

Lowry said customers requesting a response to their ICE comments must remember to provide their contact information.

“It is set up so each person who submits a comment can request a response; it will be provided to them within three days. If they don’t request a response, the comment is still looked at and evaluated,” he said.

“The difficulty is that we have people who want a response and we would love to give them one, but they provided no contact information.”

Some examples of the effectiveness of ICE comments include:

- A customer was concerned about a pothole in the road and expressed satisfaction with the

response after making an ICE comment. **Comment to Directorate of Public Works, Business Operations & Integration Service Desk:**

“With all the recent rain, a pothole has worsened drastically. I would like to ask for it to be fixed. It’s on Corps Road on the southwest side of the intersection with 467. It’s about 2 feet long, a foot wide and 6 inches deep. I’ve hit it inadvertently three times in the last month and it has knocked my alignment off.”

**Customer comment the next day:** “Wow, I made a comment last night about 7 p.m. I wasn’t even sure which service provider to select so I made a general comment. It was about a worsening pothole just off 467 at Corps road. By 9 a.m. this morning, the pothole was repaired. Wow! Great job, thank you.”

- Many customers wanted Fort Polk to move to an appointment process instead of walk-ins only for ID cards. **Customer comment to Department of Human Resources, ID Card/Tags/DEERS Section:**

“I recently contacted the I.D. card section with a question pertaining to an expired dependent I.D. card. The lady was extremely helpful and highly recommended the new appointment initiative. I conveniently made an appointment online and was somewhat skeptical when the day came. My wife and I walked in and were immediately greeted at the front desk. The attendant checked for two forms of identification which we were told to bring. We were escorted to the back. Within 10 minutes, we were completely finished. I appreciate the professionalism and this new initiative. Great job by the I.D. card section personnel.”

Lowry stressed the importance of the Fort Polk community sharing their thoughts and experiences on installation programs and services through ICE.

“Everybody wants a voice. If you’re dissatisfied with your service, and you go home and just tell your spouse or your friends how terrible it was, will there ever be any improvement?” he said.

“We are here to serve the Fort Polk community. To provide a service, we need to know what’s going on. We need to understand the positive as well as the negative. If you have a negative experience with something on the installation, it cannot be improved if nobody knows about it.”



[www.ice.disa.mil](http://www.ice.disa.mil)





## Special Operations leaders testify on SOF global posture

By TERRI MOON CRONK

Defense.gov

WASHINGTON — Calling the breadth and capability of the U.S. Special Operations Forces “astonishing,” the assistant secretary of defense for special operations and low-intensity conflict discussed the global posture of the nation’s special operations enterprise during a hearing on Capitol Hill, Feb. 14.

Owen O. West appeared before the Senate Armed Services Committee with Army Gen. Raymond A. Thomas III, commander of U.S. Special Operations Command.

West said that while special operations forces make up just 3 percent of the joint force, they have absorbed more than 40 percent of the casualties since 2001.

“This sacrifice serves as a powerful reminder that special operators are in the risk business,” he said.

The assistant secretary said the National Defense Strategy has challenged the Department of Defense to increase focus on long-term strategic competition with Russia and China, and the SOF enterprise is in the midst of transformation; “something special operators have always done very well,” West said.

Any transformation starts with people, West said, noting, “In November, General Thomas and I issued the first-ever joint vision for the (special operations forces) enterprise, challenging professionals to relentlessly pursue the decisive competitive advantage.”

### Not stretched thin

West told the committee he is “proud to report to you that our SOF is neither overstretched nor breaking, but very healthy and eager to defend the nation against increasingly adaptive foes.”

As an integral part of the joint force, special operations troops are integrated into every facet of the NDS, Thomas told the committee.

“For the last 18 years, our No. 1 priority has been the effort against violent extremist organizations,” the general said. “As part of the joint force, we continue to be the ... major supporting effort in Afghanistan, Syria, Iraq, Yemen, Somalia, Libya, Lake Chad Basin; everywhere (Islamic State of Iraq and Syria-) affiliated organizations are. We are relentlessly pursuing them to ensure this country never, ever endures another 9/11.”

### A more lethal force

Thomas noted that Special Operations Command remains focused on finishing the effort by, with and through the United States’ many coalition partners.

“At the same time, again, as part of the joint force, we’re endeavoring to provide a more lethal and capable special operations force to confront peer competitors,” Thomas said.



Senior Airman CLAYTON CURTIS/USAF

*A joint special forces team move together out of a U.S. Air Force CV-22 Osprey Feb. 26, 2018, at Melrose Training Range, New Mexico. At Emerald Warrior, the largest joint and combined special operations exercise, U.S. Special Operations Command forces train to respond to various threats across the spectrum of conflict.*

To build a more lethal force, strengthen alliances and partnerships and reform for greater performance and efficiency, SOCOM is reshaping and focusing its forces on capabilities, while also developing new technological and tactical approaches to accomplish the diverse mission that SOCOM will face in the future, Thomas said.

## “Special operators are in the risk business.”

OWEN O. WEST

Assistant Secretary of Defense for Special Operations

“The emergency security challenges will require SOCOM to be an organization of empowered SOF professionals — globally networked, partnered and integrated in relentlessly seeking advantage — in every domain for the joint force in the nation,” he said.

In addition to its responsibility to man, train and equip the world’s most capable Special Operations Forces, over the past few years, SOCOM has experienced considerable development in another legislative role as a combatant command, he said.

### Global mission sets

“We are currently assigned the role as the

coordinating authority for three major global mission sets: Counterterrorism, countering weapons of mass destruction and recently, messaging and countermessaging,” Thomas said. “These roles require us to lead planning efforts, continually address joint force progress toward campaign objectives, and recommend improvements for modifications to our campaign approach to the secretary of defense.”

In parallel, SOCOM is pursuing an aggressive partnership with the other combatant commands with global portfolios: U.S. Cyber Command, U.S. Strategic Command, U.S. Transportation Command and U.S. Space Command, Thomas said, which is designed to leverage SOCOM’s respective capabilities to provide more agile solutions to DoD.

### Emerging technologies

“We are increasing our investments in a wide spectrum of emerging technologies to include artificial intelligence/machine learning, automated systems, advanced robotics, augmented reality, biomedical monitoring, and advanced armor and munitions development, to name a few,” Thomas said.

“Joint experimentation initiative will bring together innovative efforts from across our special operations force tactical formations to ensure that commanders’ combat requirements are addressed with the most advanced concepts available,” said Thomas.

# 'Feedback important to us' says Thomas

By O. CHIP ROBINSON

Leesville Daily Leader

**Editor's note:** This interview with Col. Jarrett Thomas II, Fort Polk garrison commander, followed a Fort Polk town hall meeting Jan. 24 where concerns about Corvias Military Housing were discussed. The article was posted on the Leesville Daily Leader website Feb. 5.

FORT POLK, La. — Corvias housing was the hot topic at a Fort Polk town hall meeting Jan. 24. The event took place at Fort Polk and saw many residents in attendance, voicing concerns over a recent Reuters article about privatized service member housing.

Residents were encouraged to attend or follow along on a live Facebook feed and voice their concerns and opinions in hopes of finding solutions.

Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, along with Fort Polk Garrison Commander Col. Jarrett Thomas II, and Command Sgt. Maj. Jerry Dodson Jr., were on hand along with Sarah White, Fort Polk Residential Community Initiative and Matt McGee from Corvias to listen to residents and answer questions.

Thomas said he felt the town hall was successful and is confident there will be meaningful solutions.

There were about 30 residents present at the meeting followed by 11,000 views on Facebook. The Facebook live feed garnered more than 600 questions or comments. Many of the same questions were voiced several times.

Frank said the two most important topics that



Col. Jarrett Thomas II, Fort Polk garrison commander, reviews ICE comments at his desk.

Soldiers at Fort Polk are concerned with are education and housing.

Both Frank and Thomas said they are dedicated to ensuring Soldiers at Fort Polk have quality housing.

McGee gave a short presentation confirming that Corvias is committed to putting service members and their Families first. He explained that Corvias has recently made changes to the way they handle maintenance and service calls.

In 2004, Corvias was awarded a 50-year contract by the Department of Defense under the military housing privatization initiative to manage and service the housing on Fort Polk.

Frank and Thomas assured town hall attendees that the questions asked during the town hall and through Facebook would be addressed and answered. But that did not stop several of those in attendance from expressing anger with their individual housing situations or from demanding immediate answers.

Most of the complaints centered on the mold found in many of the homes and the carpet and flooring. Other complaints were related to Corvias' Permission to Enter policy, the air conditioning systems, pet fees, potholes and playgrounds.

The Leesville Daily Leader and the Beauregard Daily News reached out to Corvias and the garrison commander.

Staff focused first on the mold issue affecting many residents on Fort Polk. Unfortunately, living in this area of Louisiana that is often wet with swampy-like conditions and high humidity can be the perfect environment for mold to grow.

"We take mold and mildew concerns and remediation very seriously, and we understand the severity," said Mary Humphreys, Corvias community representative. "Upon getting a service call, with priority, we perform a thorough mold and moisture evaluation through visual inspection or intrusive inspection. Depending on the severity, and after evaluation, we perform the remedial activities in accordance with the U.S. EPA (Environmental Protection Agency) suggested procedures and industry standards."

The key to stopping the mold and mildew from forming is to prevent excess moisture build-up. Corvias provides residents with information on how to prevent mold and mildew.

Keith Hawkins, area horticulturist with the Louisiana State University Agricultural Center in DeRidder, said not all mold is bad. Hawkins believes it's the mold that occurs after a flood or plumbing leak that leads to health issues and

problems. Hawkins further explained that rain and cool temperatures for a few days, followed by a warming trend create humidity — the perfect conditions for mold and fungi to grow.

Corvias adheres to the recommendations set forth by the EPA, Occupational Safety and Health Administration and the Centers for Disease Control. Once Corvias receives notice of mold, a maintenance supervisor or lead maintenance technician will inspect the home within one business day, or sooner in the event of an emergency.

Corvias issued a list of responses to many of the questions asked during the town hall. One resident was concerned about Corvias entering their home to do repairs or respond to an emergency while their child was home alone.

Corvias responded by saying they respect their residents' privacy and if the resident wants to be present when repairs are being done, Corvias will schedule the repairs when the resident is available.

Corvias also said their maintenance team and subcontracted workers will not enter a home with a person under the age of 18 present unless the child is accompanied by an adult.

Corvias also responded to the carpet and flooring complaints by saying that two years ago they began replacing carpet with hardwood flooring in common and living areas, leaving carpet in the bedrooms only. There are plans to convert more homes to hardwood flooring over the next few years.

In 2018, Corvias began replacing and upgrading HVAC (heating, ventilation and air conditioning) units in housing. So far they have completed about 40 percent of the project. They will continue to replace or upgrade the units through the first quarter of 2020.

Today, tight budgets are a consideration. The same goes for the repairs, upgrades and new builds that Corvias is planning.

Going forward, Corvias is committed to re-opening community playgrounds within the next six months.

Corvias is starting a program for residents to get home products such as air filters and light bulbs, with exchange, at no cost. And this summer, Corvias will begin resurfacing 3.5 miles of roadway throughout the housing communities.

They will continue to explore other options relating to flooring and windows.

"We remain thankful for the opportunity to serve our residents and are committed to their satisfaction," Humphreys said.

Thomas meets regularly with housing officials. In light of the recent issues, he said he will increase the frequency of the meetings to ensure problems are being solved.

Residents are encouraged to communicate with Corvias and garrison leadership if there is a complaint or concern with housing.

Corvias can be contacted 24 hours a day by calling (866) 436-2047 or online at [polk.corvias-militaryliving.com](http://polk.corvias-militaryliving.com).

Residents can utilize the Interactive Customer Evaluation system — known informally as ICE — to reach out to the garrison (see page 3 of today's Guardian for details). Frank reads every ICE complaint that is made on Fort Polk and forwards them to Thomas to ensure action is taken as needed.

"That feedback we get from the residents is extremely important to us," Thomas said.

## People

Continued from page 2

literally at the end of our driveway. It's nice for me to be able to send my kids there to play and know that it is secure," she said. "But in the home, our fixtures never work properly (lights), we've had two air conditioner units replaced (since 2012) because they were packed full of black mold, and the unit still doesn't work properly and it stinks — it would be nice to have cool air when it's hot.

"The kids cannot take a bath because when they fill the bathtub, the water is completely brown. I had a leak in one of the closets from the roof, about two years ago. They repaired the tiles on the roof, but left the mold streak and never opened the wall to see if there was mold in the drywall, and the roof ended up being repaired twice because the first (tile replacement) didn't hold," she said.

"Contractors came in to replace the carpet with linoleum last year and left a huge mess — they left piles of dirt and dust and pieces of linoleum all over the floor when they left. They cleaned their equipment in my yard, leaving white (residue) on the trees, which is still there today, and they left about five tools behind. They were very unprofessional. And they didn't do the job right because the carpet piece they replaced is still coming up at the seam, and they seamed it right through the middle of the living room. They didn't tack it down (in the transitions from) the living room to the kitchen or to the hallway," said Barrett.



# Housing issues addressed at January Town Hall meeting

## GUARDIAN STAFF

FORT POLK, La. — In response to a Dec. 27 Reuters article on the condition of privatized military housing, Fort Polk held a town hall on Jan. 24 to address resident concerns. Some of the issues raised and responses from Corvias include:

**Q — What is the procedure for installing/replacing damaged flooring?**

**A —** Corvias' goal is to provide a consistent high standard quality of flooring in a home. We charge for damage only when a resident has exceeded fair wear and tear leading to a shorter lifespan of the product. By rental industry standards, carpet is intended to last a minimum of 5 years. A resident can be held accountable for a prorated portion of the replacement cost based on the amount of time they lived in the home, the lifespan of the flooring left and the condition at move-in.

Two years ago, Corvias began replacing carpet with hard flooring in common/living areas, leaving carpet in bedrooms only. We plan to convert even more homes to hard flooring over the next few years.

We encourage prospective residents to make our team aware of any requirements early in the leasing process so we can match them to the home that best meets their needs. Corvias will always comply when confirmed medical requests for modifications arise after move-in. We know these situations are sensitive and unique. We encourage residents to contact their Community Center to initiate these conversations. We will review options with the resident so they can make the decision that works best for their family.

**Q — What is being done to address mold, mildew and moisture concerns?**

**A —** Because the safety of our residents is paramount, we prioritize environmental concerns such as mold. The key to stopping mildew and mold from forming or growing is to prevent excess moisture from building up within the home. Corvias provides information to residents regarding mold and how to prevent it through a variety of channels, including an acknowledgment form that residents sign and receive at move-in. Prevention information is also included in the Resident Responsibility Guide and on the Corvias website.

Since there are no federally approved regulations for mold, Corvias adheres to the recommendations set forth by the U.S. Environmental Protection Agency, The Occupational Safety and Health Administration, and the Centers for Disease Control and Prevention. Additionally, Corvias team members receive mold removal and prevention training as well as annual mold awareness training.

Upon receiving a resident report regarding the potential presence of mold, mildew or water intrusion, Corvias takes the following steps to ensure the issue is dealt with quickly and completely:

- Trained maintenance supervisors/lead maintenance technicians inspect the home within one business day of the initial notice, and even sooner if it is an emergency situation.
- Corvias performs a thorough evaluation to determine the source of moisture and mold growth. Corvias informs the resident about the results of the inspection and the planned course of action to resolve the problem. If the situation



FORT POLK PUBLIC AFFAIRS

is extreme, Corvias will provide alternative housing or relocation to another home.

- Upon completion of remediation, Corvias will conduct a follow-up inspection and order indoor air quality assessments or wipe tests (as necessary). The results are shared with the resident. Remediation activities continue until air quality inside the home is consistent with air quality outside the home.

**Q — Is Corvias held accountable for how it spends the money it receives from Basic Allowance for Housing (BAH)?**

**A —** Corvias has a 50-year agreement with the Army to provide housing at Fort Polk. Because this is a partnership, Corvias does not make unilateral decisions. We work in partnership and close coordination with and to support our U.S. Army partner regarding what the housing program entails, including where and how money is spent within the program.

There are layers of accountability at the local and Department of the Army level. The Fort Polk Residential Communities Initiative team provides oversight to the daily operations of the housing program. The RCI team reviews work order response times, satisfaction scores, monthly operating statements and a variety of other data points to ensure the goals of the partnership are being met. In addition, Corvias submits operations and financial reports on a quarterly basis to ACSIM and IMCOM for input and review. Finally, each year Corvias participates in a third party financial audit.

**Q — Why does rent go up when a service member gets promoted or when BAH increases?**

**A —** BAH is an allowance for housing that is determined by the Department of Defense to cover the average cost of housing and utilities. Under the terms of the partnership, rent is equal to the BAH of the service member.

Fort Polk does offer select homes at a discounted rental rate for qualifying service members. The rental rate for these homes may be below the BAH amount, depending on rank.

**Q — Why have some community playgrounds been closed?**

**A —** We apologize that some of our playground structures have not been available for resident use. Some parts of the playgrounds have

deteriorated, and we have struggled to repair them under the warranty in a timely manner. The good news is we have reached a solution and residents will soon see these structures fully operational. We are lining up contractors to get them back up and running, safely within the next six months. (See page 1 of today's Guardian for update.)

**Q — Why don't the HVAC systems cool properly?**

**A —** Last year, we initiated a replacement project that will continue through the first quarter of 2020. As part of the project, underperforming HVACs will be upgraded to allow homes to achieve acceptable temperature levels. The upgrades will also include a smart thermostat that will improve residents' ability to control temperature and electricity usage. We have completed approximately 40 percent of the upgrades and have received positive feedback about these improvements.

Your Community Center can provide a tentative timeline for your specific home.

**Q — Why do maintenance personnel show up without the tools or training necessary to complete the work orders they are being assigned?**

**A —** Corvias is committed to increasing the quality and timeliness of repairs. We realize improvements need to be made in this area. In addition to the data we collect about response and completion times, we rely on resident feedback to help us identify areas such as training that need improvement. Already we have:

- Added maintenance and service technicians.
- Shifted resources, authorized overtime and instituted weekend work.
- Morning or evening scheduling of work orders.
- Empowered maintenance team members to make further repair decisions while on-site to get the job done.
- Increased post-service call backs to ensure all repairs are completed to your satisfaction.
- Our results for December 2018 reflect that 99.1 percent of 339 total emergency work orders were responded to within 8 hours and completed within 24 hours, and 99.2 percent of the 1,037 routine work orders were completed within 6 days.



JEAN DUBIEL / GUARDIAN

**Above:** Colby Alvarez, 11 (center), has a fake shrapnel wound applied by role players Amber Jones (right) and Tena Hester during the Joint Readiness Training Center Operations Group JOC tour Feb. 16.

**Above right:** Michael Castillo, 10, pets a goat during the JOC tour. Children were allowed to feed goats and a donkey during the tour.

**Right:** Justin Cannata, 13, gets the feel of one of the weapons used during rotational training at the JOC tour.



## 'Attention in the JOC!'

# Families enjoy JOC tour, peek behind scenes

By **JEAN DUBIEL**  
Guardian staff writer

FORT POLK, La. — Soldiers with Joint Readiness Training Center Operations Group offered their Families a behind-the-scenes look at how a rotation is tracked and managed at the JRTC Operations Center, or JOC, Feb. 16.

The unit scheduled guided tours that demonstrated how telephonic and GPS communications are fed into computers and used to populate large projection screens to track rotational activities in real time. The tours were conducted during a live rotation, and when someone shouted "attention in the JOC," it was a signal for everyone to remain silent as the speaker conveyed important information to the team.

Tours began in the Unit Ministry Team building, where Families could enjoy drinks, snacks and a hamburger lunch as they watched a short video highlighting the important role JRTC rotations play in Army readiness.

Col. David Gardner, commander, JRTC Operations Group, welcomed the Families and guests at the start of the tour.

"About six months ago, while my father was here visiting us, I thought it would be neat for the Families to see what we do here," Gardner

said. "It's part Hollywood studio and part great training. The objective today is for Families to have fun and see what their spouses or parents are doing here."

The tour groups were led into a building where several screens created a wall of images that flickered over long rows of people at computer stations. These stations were marked for their role in the rotational activity, including:

- Civil affairs/psychological operations
- Logistics
- Fires cell
- Legal/staff judge advocate
- Intelligence
- Public Affairs
- Engineering
- Opposing Forces
- Battle desk

Between 50-55 people man these stations, while another group monitors air assets in the Air Cell, also called "the eagle's nest." This is where Army and Air Force aviation personnel track helicopters, unmanned aerial vehicles and any other air vehicle associated with the rotations.

In addition to the facility tour, a few rotational roleplayers presented themselves in character: A local policeman, a foreign Soldier and two in-

digenous women that were experts in the application of "mouflage" — wound make up. With parental permission, children had the opportunity to get a mild wound placed on them so they could see how the process develops from fake plastic, paint and adhesives into realistic-looking injuries. The wounds were kept small and not too gory so none of the children would be frightened.

The kids were also invited to feed live goats and a donkey, which are used to add realism to rotational scenarios. Weapons and other items were shown along with photographs of previous rotations on large display boards.

One spouse, Erin Marsh, said the tour was good for the children. "It's neat for them to see what their parents do in the Army because it can be hard to explain, and this gives them a peek into (the Soldiers') lives," she said.

Karson Marsh, age 8, said she liked seeing the animals best, but that's not all. "Also seeing all the computers and the fake blood," she said.

Fake blood was a popular attraction for many youngsters, including Ansley Vickers, age 4, according to her mother, Karen.

"It was my daughter's favorite part (of the tour)," she said. "She was really interested in the fake 'boo-boos.'"



# 1st BCT, 10th Mtn Div trains during JRTC Rotation 19-04

**GUARDIAN STAFF**

FORT POLK, LA. — Soldiers with the 1st Brigade Combat Team, 10th Mountain Division took part in Joint Readiness Training Center Rotation 19-04 in February. The photos on this page show some of the Soldiers during their training.



*A Soldier assigned to 2nd Battalion, 22nd Infantry Regiment, 1st Brigade Combat Team, 10th Mountain Division, pulls security, Feb. 13 during rotation 19-04 at the Joint Readiness Training Center.*



*Soldiers assigned to 1st Battalion, 32nd Infantry Regiment, 1st Brigade Combat Team, 10th Mountain Division patrol Feb. 16 during rotation 19-04 at the Joint Readiness Training Center.*

JRTC OPERATIONS GROUP



*Clockwise, from left: A C-130 Hercules takes off from Geronimo Drop Zone Feb. 10 during rotation 19-04 at the Joint Readiness Training Center and Fort Polk; a Soldier assigned to 2nd Bn, 22nd Inf Reg, 1st BCT, 10th Mtn Div pulls security, Feb. 14 during rotation 19-04 at JRTC and Fort Polk; a Soldier assigned to 2nd Bn 22nd Inf Reg, pulls security, Feb. 13 during rotation 19-04 at JRTC and Fort Polk.*



# Soldier seeks new new purpose through photography

By Sgt. ASHLEY MORRIS

3rd BCT, 10th Mtn Div PAO NCOIC

FORT POLK, La. — Sgt. Isaac Wright, the brigade religious affairs noncommissioned officer in charge, assigned to Headquarters and Headquarters Company, 3rd Brigade Combat Team, 10th Mountain Division, discovered that photography can be more than a way to capture memories. Photography has provided a much-needed outlet that led to resiliency through his most stressful times and helped him discover a new purpose in life.

"I joined the Army because I wanted to serve my country," Wright said. "I wanted to be able to help people but I also wanted a way to pay for college and graduate without debt, travel the world and be independent from my parents."

In the beginning of his career, things were going well professionally. After being in the Army for only two and half years, Wright was promoted to sergeant.

Unfortunately things were not going well in his personal life. Early 2017, Wright started experiencing problems at home that ultimately led to a divorce from his wife. As a result, his military work was starting to suffer.

"I knew that I needed to work through my issues, but my independent attitude sometimes clashes with the military," said Wright as he recalled the first time he picked up a camera.

Wright began traveling on the weekends to clear his mind. Wright soon realized that he wanted to share the things he was seeing and experiencing through his travels.

"I was never really into anything artistic as a kid," Wright said. "The first time I picked up a camera was September of 2017. The first camera I bought was a Nikon D3400 with a couple of kit lenses. I shot a few times here and there, but nothing serious."

He realized that taking photos combined with traveling to new places was a good outlet for Wright releasing stress.

"Photography helps me work through the stresses of life and the military," Wright said. "Art has given me an outlet to express myself during a time when I really didn't have any other outlet."

When he first arrived at Fort Polk in 2018, Wright had lost his passion for being a Soldier. The stress of reporting to a new unit and duty station so quickly after his previous issues led to him going out every weekend and shooting photos to decompress.

"When I got here I wasn't excited about the Army anymore," Wright said. "Although I was progressing pretty fast and performing well, I had lost my passion for being a Soldier."

Wright was determined that he was not going to let his lack of motivation affect his work.

"I told myself I wasn't going to let my personal issues spill over into my work," Wright said. "When you're a good chaplain's assistant and you get really embedded in a unit, you can help Soldiers, leaders and an entire unit in a way that you really wouldn't imagine."

Wright said he knew that he was ultimately responsible for his own success or failure. It was up to him to put forth the effort and be proactive about helping Soldiers.

"I was going to get to know the Soldiers in my unit and make sure that I was a contributing force," said Wright fondly. "The six months that I

was in 2nd Battalion, 4th Infantry Regiment before moving to brigade were some of my favorite times in the Army. From the leadership on down, I felt like we were all very close. To this day I still have Soldiers from 2-4 approach me and it's like nothing ever changed."

Towards the end of 2018, Wright went to the battalion promotion board and was recommended for promotion to staff sergeant, after which he was moved to brigade.

Now a chaplain's assistant at brigade, Wright says his change in responsibility is new territory that he is currently working through. At the brigade level, his duty position is more of a managerial role over the enlisted brigade's battalion level unit ministry teams.

"Brigade is a different beast and atmosphere," Wright said. "I'm still trying to find that balance between interacting with Soldiers directly and understanding my duties at the brigade."

For Wright, that means finding any moment he can to decompress. He attributes photography to his ability to come back to work from weekends more focused and ready to accomplish any mission.

"Being in a busy unit, it can be hard to find time to shoot. I find myself becoming upset, angry, irritated or sad, if I am not able to work in any time for my photography. It has a very different significance than I think it does for other people. It keeps me going and I really can't see myself doing anything else."

Although he is progressing quickly through the Army, Wright has bigger plans for his photography.

For Wright, photography has become something he loves more than being a Soldier. It is no longer just an outlet to deal with stress, it has become something that he wants as a new career.

"I wish I could combine photography and my current job," Wright said. "The creative side of me wants to focus on thinking outside of the box and finding new ways to approach something. Sometimes it feels like the military can stifle that creativity."

Wright has spoken with several people about making photography a career and he has received mixed advice.

"People tell me I am stupid if I decide to get out since it looks like I will make staff sergeant in under five years," Wright said. "I know that people won't understand my goals and ambitions as it relates to making photography my life's work, but that's okay. As well as I work in the Army, I can put 10 times better work into photography and videography. I also believe that I can help people in other ways — my art being one of them."

With three years remaining in his contract, Wright is working on a vision that will allow him



Sgt. Isaac Wright captures the bustle of Dallas, Texas through a unique perspective.

to make a career out of traveling and taking pictures of cityscapes and creating products that offer unique perspectives. Adventure photographer is his ultimate goal and it requires a lot of flexibility.

As far as the military, Wright does not want to completely hang up his uniform. If he decides to leave active duty, he would like to transition into the Army Reserves or the National Guard. This will allow Wright the opportunity to continue serving his country with the freedom to make photography into a full-time career.

"If I stay in and do everything right, take the right positions and attend the right schools, I would probably go all the way to the top of my corps," Wright said. "For me that is not what it is about. I don't believe you should make anything your life's work that you don't absolutely love."

Wright currently maintains a YouTube Channel and Instagram and Twitter accounts dedicated to his photography. By having his work on social media it not only allows him to receive honest constructive feedback, it also helps him meet new people and make new friends.

"When I first started sharing my work, I tried to take myself out of the picture as much as possible," Wright said. "Over time my work has evolved and now I want to tell my story using my pictures and videos. At the end of the day I want people know that if I can make it, they can make it too."

When reflecting back on why Wright initially chose photography, he believes it had more to do with capturing the good moments in his life. According to Wright, art through photography has a way of connecting people better than anything else.

"Photography helped me at a time in my life where I did not think I could go on in a lot of ways — physically, mentally and emotionally," said Wright. "It allowed me to conquer and rise above the bad things in my life. I want to inspire other people to do the same. I hope that through my photography and videos I am able to stir emotions that cause people to want to look objectively at the world around them and become the best version of themselves that they can possibly be."



# Community



Vernon Parish School District district-level 2019 Students of the Year (from left to right) Faith Sauer, Pitkin High School; Evan Shelton, Leesville Junior High School; and Sydnee Sturm, Vernon Middle School.

## VPSB recognizes Students of Year for 2019

By VIVIAN LOPEZ  
Fort Polk Progress

LEESVILLE, La. — The Vernon Parish School Board recognized its district and school-level Students of the Year for 2019 at its regular meeting Feb. 12 in Leesville.

Students were selected in the following categories: Fifth grade, eighth grade and high school. Vernon Parish district-level Students of the Year are Sydnee Sturm of Vernon Middle School, Evan Shelton of Leesville Junior High School and Faith Sauer of Pitkin High School.

Carolyn Bosely, who oversees the Student of the Year process for VPSB, explained that fifth and eighth grade Students of the Year are required to have a grade point average of 3.2 or higher in the first semester of their current grade and two years prior. High School Students of the Year must have a cumulative GPS of 3.2 or higher for grade 9-11 as well as the first semester of their senior year.

Students presented an academic portfolio and were interviewed. Points were tallied to determine the school-level winners.

To be selected on the district level, students had to write essays, and present their portfolios and undergo an additional interview process.

"Thank you — students for your hard work and parents for sharing your kids with us every day. It is a blessing that we are able to educate your students," Bosely said. "It's very strenuous work on them. It was really tough for our judges to make those selections."

District-level awardees will advance to the regional-level Student of the Year competition.

Sturm, Vernon Parish School District fifth grade Student of the Year, is looking forward to

representing her school as she moves on to the regional level.

"I hope I can represent our district in a good way and show that even though it's a tiny place that great things can come from this town," Sturm said. "I work hard all the time and I don't always get recognized for it and so to be recognized for putting in the hard work feels good!"

VPSD eighth grade Student of the Year Shelton, who is also a military-connected student from Fort Polk, said it's a great honor to represent his district and fellow military students.

"Since I've worked hard for this position, I feel like I've earned it and can keep going," Shelton said.

Sauer, VPSD High School Student of the Year, said she is glad to have the opportunity to represent her school and the district.

"I'm very grateful to be recognized for all the hard work I've put in high school and for all the different things that I've done," Sauer said. "It's a very great honor."

Parents of the district-level Students of the Year expressed how proud they were of their children.

"This really is a culmination and product of all the hard work they've put in," said Willie, Shelton's father — who is a military retiree from Fort Polk. "This is just a stepping stone and building block to help them pursue their goals. It's good they're being recognized."

VPSB Superintendent James Williams said both the school- and district-level Students of the Year are deserving of the recognition.

"These students work very hard to achieve this status of student of the year," Williams said. "We encourage all our students to work for this achievement next year."

## Briefs

### School lunches

The following school lunch menu is for Vernon Parish schools for Monday through March 1. Meals are served with salad bar and choice of milk:

- **Monday:** Steak fingers, mashed potatoes and gravy, Italian seasoned green beans, peaches and Jell-O cup, whole wheat roll.
- **Tuesday:** Barbecue ribettes on whole wheat bun, Cajun French fries, peas and carrots, pineapple chunks.
- **Wednesday:** Pork roast and gravy, fluffy whole grain rice, sweet peas, fruit, sherbet, whole wheat roll.
- **Thursday:** Chicken shoestrings, mashed potatoes and gravy, green beans, mixed fruit, whole wheat roll.
- **March 1:** Beef, chili and cheese nachos, corn on the cob, ranch style beans, apple wedges.

### Family symposium

The Chaplain Family Life Center hosts the Second Annual Family Life Symposium, "Navigating Social Media Pitfalls," March 7 from 9 a.m.-4:30 p.m. in Glory Chapel.

Chaplains, Unit Ministry Teams and concerned community leaders are invited. Guest speaker is John Fort of Be Broken Ministries in Beaverton, Oregon, and Cindi Geeslin, Fort Sam Houston, Texas.

Register at [www.signupgenius.com/go/30e0f4ca5a828aaf94-2018](http://www.signupgenius.com/go/30e0f4ca5a828aaf94-2018) or email [william.j.glenn.mil@mail.mil](mailto:william.j.glenn.mil@mail.mil).

### Color run

Fort Polk's Directorate of Family Morale, Welfare and Recreation hosts the Dye Hard Warrior 5K Color Run April 6 from 9 a.m.-noon beginning at Showboat Theatre, South 10th Street.

To register or for more information visit the DFMWR Facebook page at [www.facebook.com/fortpolkmwr/](http://www.facebook.com/fortpolkmwr/).

### Tax help

The Fort Polk Tax Center, located in bldg 2502, Alabama Avenue, is open Monday through Wednesday and Fridays from 9 a.m.-5 p.m., Thursdays from 11:30 a.m.-7 p.m. (except from noon-1 p.m.), and Saturdays from 9 a.m.-noon by appointment only.

Call 531-1040 for an appointment.

### ACT help

Students who wish to practice the American College Testing exam can visit [www.academy.act.org/](http://www.academy.act.org/).



## Sports briefs

### Baseball signup

The Directorate of Family Morale, Welfare and Recreation's Child and Youth Services Youth Sports holds signup for wee ball (3-4 years), T-ball, baseball and softball (5-18 years) through March 1 at 6880 Radio Road, bldg 400. Participants must have a current sports physical and be registered with CYS. Boys 15-18 and girls 13-15 are especially encouraged. A skills assessment is scheduled for March 1 at 5:30 p.m. for 233 ball and 6 p.m. for all others. For more information call 531-6004.

### Gymnastic classes

The Directorate of Family Morale, Welfare and Recreation Child and Youth Services host the following gymnastic classes at bldg 2070, Youth Gym:

- Parent and child gymnastics, ages 12 months to 3 years, Mondays at 10 a.m., 10:30 a.m. and 11 a.m., and Fridays at 5:30 p.m., \$25 a month.
  - Preschool gymnastics, ages 3-5 years, Monday, Tuesday and Friday 4:30 p.m., and Wednesday 11 a.m., \$35 a month.
  - School age gymnastics, ages 6-9 years, Mondays at 5:30 p.m. and Wednesdays at 6:30 p.m., \$45 a month.
  - School age gymnastics, ages 10 and up, Wednesdays at 5:30 p.m., \$55 a month.
- Children must be registered with CYS. Call 531-6004 for more information.

### Jiu Jitsu classes

The Fort Polk Directorate of Family Morale, Welfare and Recreation and Child and Youth Services offers Brazilian Jiu Jitsu classes for ages 6 and up for \$48 a month. Classes are held in bldg 744 Tuesdays and Thursdays from 5:30-6:30 p.m. and 6:30-7:30 p.m. Participants must be registered with CYS. Call 531-6004 for more information.

### Soccer camp

Challenger International Soccer Camp is back at Fort Polk by popular demand for two sessions: June 3-7 and July 22-26.

Classes for TinyTykes (ages 3-5) are 8-9 a.m. and cost \$96. Classes for ages 6-12 are from 9:15 a.m.-12:15 p.m. and cost \$149.

Applications can be picked up at Child and Youth Service, bldg 400, 6880 Radio Road.

Mail applications and payment (checks payable to Challenger Sports) to:

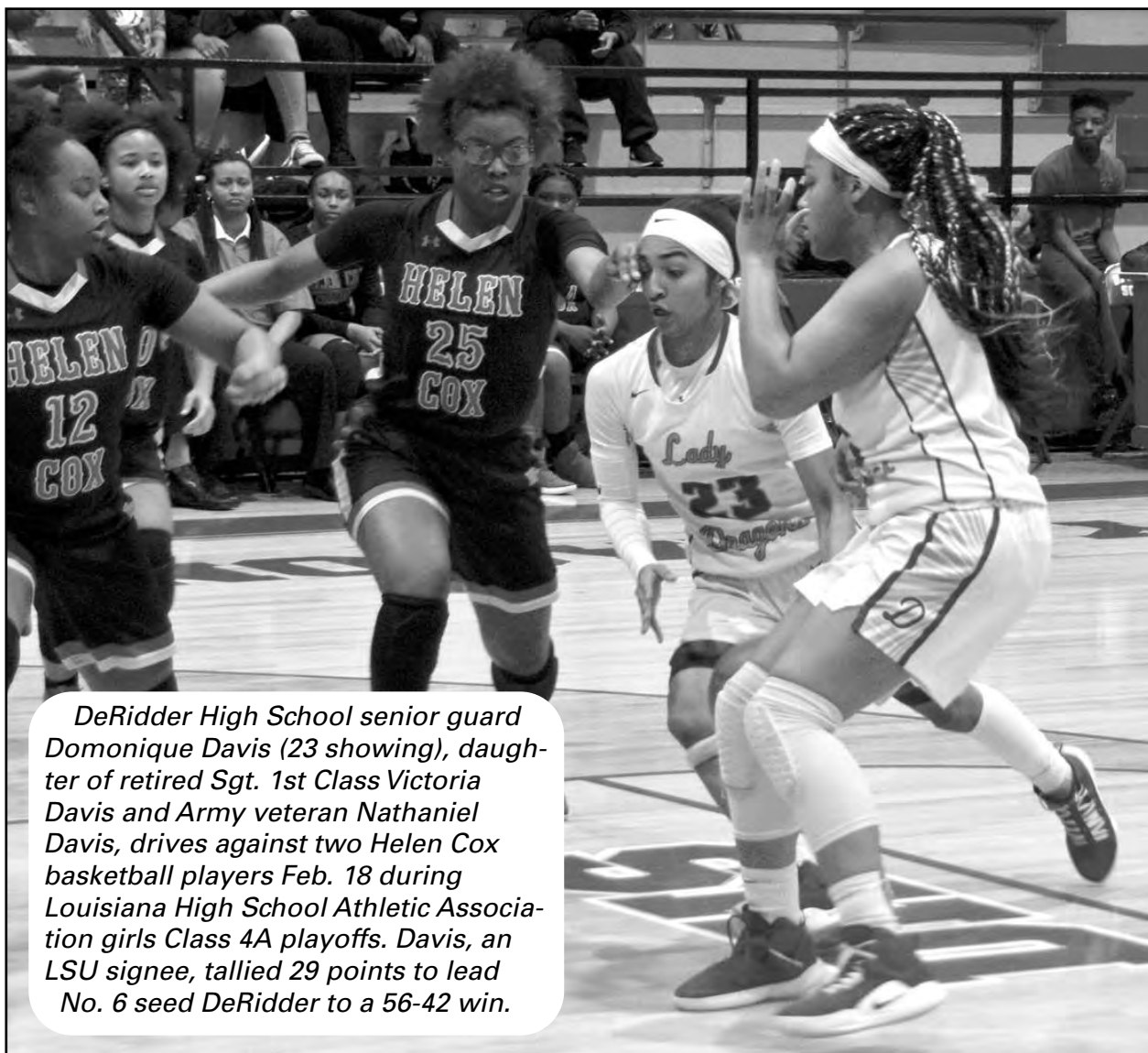
Mike Rees

Challenger Sports

4403 Manchaca Road, Suite C

Austin, Texas 78745

Email [mrees@challengersports.com](mailto:mrees@challengersports.com) for more information.



*DeRidder High School senior guard Domonique Davis (23 showing), daughter of retired Sgt. 1st Class Victoria Davis and Army veteran Nathaniel Davis, drives against two Helen Cox basketball players Feb. 18 during Louisiana High School Athletic Association girls Class 4A playoffs. Davis, an LSU signee, tallied 29 points to lead No. 6 seed DeRidder to a 56-42 win.*

CHUCK CANNON / GUARDIAN

## Davis set to take hoop skills to 'next level'

By **CHUCK CANNON**

Guardian editor

FORT POLK, La. — The Fort Polk community will have a new reason to cheer on the Louisiana State University Lady Tigers basketball beginning in the fall when DeRidder High School's Domonique Davis makes the transition from high school to Division 1 college basketball.

Davis, whose parents are former Soldiers, signed a scholarship with LSU in November. The 5-foot-6-inch guard is ranked by ESPN as the 19th best point guard and 71st best player in the nation among graduating seniors. ESPN described her as having "a scorer's mentality, explosive floor game and court awareness."

Davis has averaged more than 25 points, 8 rebounds and 7 assists per game this season in leading the DeRidder Lady Dragons to the third round of the Louisiana High School Athletic Association girls basketball playoffs. In a second round game against Helen Cox Feb. 18, Davis totaled 29 points and 7 assists to lead her team to a 56-42 victory and a quarterfinal date with No. 3 seed Minden.

Davis, who has started for the DeRidder High School varsity since her freshman year, said securing a scholarship to a Division 1 school and Louisiana's flagship university, was payoff for the hard work she, her family and friends have

put into playing basketball.

"I've played basketball since I can remember," she said. "As I was growing up, I thought I was pretty good, but didn't realize I might be good enough to play college ball until after my sophomore year in high school. I had a good year and our team made it to the final four. I went into summer ball and thought maybe I could do something with it."

LSU head women's basketball coach Nikki Fargas, said the Tigers were fortunate to add a player of Davis' ability to their team.

"She's one of those special players, who is unselfish and has the ability to make those around her better," Fargas said as she watched Davis dominate a talented Helen Cox team. "The work ethic she displays on the defensive side of the basketball shows she's a young lady with a lot of discipline in her life, that is purpose driven in what she wants to do, and we're grateful to be a part of that."

To say her parents, retired Sgt. 1st Class Victoria Davis and Army veteran Nathaniel Davis, are proud would be an understatement. Victoria said her daughter has always been athletic and smart.

"We first put a basketball in her hand when she was about 4 or 5, and from then I knew she could be something special," Victoria said.

Please see **Basketball**, page 12



# Basketball

Continued from page 12

Whether softball, basketball or soccer ball, she excelled. When we PCS'd from Germany, my husband (Nathaniel) found basketball camps for her. I told her, 'Look, if we're going to make an investment, this has to be something you're going to stick with.'"

And stick with it she did. Victoria said Domonique always played up, competing against those older than she, holding her own. She attributes her mental toughness to coming from a military family.

"I think coming from a military family helped shape Domonique's work ethic and discipline," Victoria said. "I'm a firm believer in structure in the home and discipline, and staying focused. I was always a focused individual, especially in my military career.

"I think being in the military shaped me, which in turned shaped Domonique and helped make her who she is today."

Although Nathaniel said he was always available to rebound for Domonique when she wanted to work on her shooting skills at the goal in the front yard of their DeRidder home, he said she developed the skills that earned her scholarship on her own.

"We never had to make her practice," he said. "We put a basketball goal in our front yard when we came back from Germany in 2005; it's been through hurricanes and storms and it's still there and she's still using it. No one forced her to do anything, whatever she's accomplished she's done on her own; she didn't inherit any of it."

Nathaniel said Domonique's "genuine love of basketball and desire to succeed" have driven her to be her best.

"She has goals she's set and she won't quit until she attains them," he said. "But she's not selfish; she's never been a selfish basketball player. That makes her stand out. It's not just scoring; she'll pass it if she thinks someone else has a better shot. She's a well-rounded basketball player and person."

Charles Kiely is Davis' coach at DeRidder High School and said he is going to miss his star player once the current season is over.

"She's not just a great basketball player, but a fantastic kid," Kiely said. "She excels in the classroom. I've never seen a kid that works harder than Domonique. She in the gym extra days, she plays through injuries, I've literally been blessed for four years with a talented kid."

Kiely said Davis has been a tremendous ambassador for Deridder.

"It means a lot for DeRidder High School to have a kid of Domonique's character and ability sign with LSU," he said. "I've reminded the other kids that when college coaches come to see Domonique play, they also can see our other girls play. It's their opportunity to shine before college coaches."

Kiely said he thinks that when she reaches the end of her college career Davis will be recognized as one of the best point guards in the nation.

"If Domonique puts her mind to it, I can see the WNBA (Women's National Basketball Association) in her future," he said. "If that's her goal, I see nothing stopping her. I've had her since she was a seventh grader, and one of her goals was to play D1 basketball. She's worked her tail off to get there. When she gets to the next level at LSU,



CHUCK CANNON / GUARDIAN

*DeRidder High School senior Domonique Davis (23) dribbles the basketball against a Helen Cox player during a basketball game Feb. 18 in DeRidder. Davis, the daughter of retired Sgt. 1st Class Victoria Davis and Army veteran Nathaniel Davis, received a scholarship from Louisiana State University to play for the Lady Tigers. Next up for Davis and her No. 6 seeded Lady Dragon teammates is a quarterfinal contest against No. 3 seed Minden.*

she'll be even better because she's never had a shooting coach or a strength and conditioning coach. She'll have the best things money can buy and will get even better. I'm excited for her."

Domonique has admitted that she thinks about a career in the WNBA.

"The WNBA has always been a dream," she said. "Seeing them play on TV and some of them in person, I think that maybe I want to do that one day and continue playing after college."

Nathaniel said he's also confident if Domonique sets her mind to it, the WNBA is not out of reach.

"I think the WNBA is one of the toughest professional leagues to make simply because of the small number of teams and the amount of women who graduate from college each year," he said. "It's tough. I think she can do anything she puts her mind to, so I think she can do it. If

that's a goal for her, she'll work toward it until she gets an opportunity."

For now, Nathaniel said his daughter is excited about joining her new teammates in June after high school graduation.

"We're proud of her," he said. "She's humble and wants what's best for the team. She's mentally strong and a good leader. That will do nothing but help her at the next level."

Her mother agreed.

"When people tell us that she is a good kid, it makes me feel that her dad and I did a good job raising her," she said.

"It's said that it takes a village to raise a child, so it wasn't just us. It was all of those around us, and I think having her in church played a big part in that. She wasn't sheltered, but she was around people that loved her and wanted her to grow."



# March highlights need for restful, ample sleep habits

By SHEILA ANTHONY

BJACH health promotion

FORT POLK, La. — March is National Sleep Awareness Month, and with daylight saving time beginning on March 11, you'll probably be painfully aware of how many ZZZs you're catching. Though the crankiness that comes with the "spring forward" time change is scary on its own, it's worth noting the real risks of sleep deprivation.

"The risks of getting too little sleep are many and varied," said Dr. Amy Guralnick, who focuses on sleep-disordered breathing and home sleep studies at the University of Chicago. "You can be at higher risk of getting into a motor vehicle accident or workplace accident because of falling asleep at the wheel or having decreased response time."

Your brain health is also at stake, according to Guralnick.

"Memory and cognitive function may suffer with sleep deprivation," she said. "Quality of life also suffers as a result of sleep insufficiency."

While the amount of sleep one needs varies across cultures and age groups, Guralnick says that most adults need an average of seven to eight hours of sleep per night.

"Younger adults may need more, and the timing of the sleep onset and wake-up may be later than that of older adults," she continues. "There is no way for a doctor to know what your exact number is. That being said, there is some data to suggest that up to one-third of people in the U.S. get less than seven hours of sleep."

If you're in that group and want to start implementing better sleeping habits, check out the following picks for hitting the snooze button. Sleep hygiene may sound unimaginative, but it just may be the best way to get the sleep you need. Here are some simple tips for making the sleep of your dreams a nightly reality:

- **Avoid caffeine, alcohol, nicotine and other chemicals that interfere with sleep**

Caffeinated products decrease a person's quality of sleep.

Caffeine is a stimulant that can keep you awake. So avoid caffeine (found in coffee, tea, chocolate, cola and some pain relievers) for four to six hours before bedtime. Similarly, smokers should refrain from using tobacco products too close to bedtime.

Although alcohol may help bring on sleep, after a few hours it acts as a stimulant, increasing the number of awakenings and generally decreasing the quality of sleep later in the night. It is therefore best to limit alcohol consumption to one to two drinks per day, or less, and to avoid drinking within three hours of bedtime.

- **Turn your bedroom into a sleep-inducing environment**

A quiet, dark and cool environment can help promote sound slumber. Why do you think bats congregate in caves for their daytime sleep? To achieve such an environment, lower the volume of outside noise with earplugs or a "white noise" appliance. Use heavy curtains, blackout shades or an eye mask to block light, a powerful cue that tells the brain that it's time to wake up. Keep the temperature comfortably cool — between 60 and 75°F — and the room well ventilated. And make sure your bedroom is equipped with a comfortable mattress and pillows. (Remember that most mattresses wear out after 10 years.)



COURTESY PHOTO

Also, if a pet regularly wakes you during the night, you may want to consider keeping it out of your bedroom.

It may help to limit your bedroom activities to sleep and sex only. Keeping computers, TVs and work materials out of the room will strengthen the mental association between your bedroom and sleep.

- **Establish a soothing pre-sleep routine**

Light reading before bed is a good way to prepare yourself for sleep.

Ease the transition from wake time to sleep time with a period of relaxing activities an hour or so before bed. Take a bath (the rise, then fall in body temperature promotes drowsiness), read a book, watch television or practice relaxation exercises. Avoid stressful, stimulating activities such as work or discussing emotional issues. Physically and psychologically stressful activities can cause the body to secrete the stress hormone cortisol, which is associated with increased alertness. If you tend to take your problems to bed, try writing them down — and then putting them aside.

- **Go to sleep when you're truly tired**

Struggling to fall sleep just leads to frustration. If you're not asleep after 20 minutes, get out of bed, go to another room and do something relaxing, like reading or listening to music until you are tired enough to sleep.

- **Don't be a nighttime clock-watcher**

Staring at a clock in your bedroom, either when you are trying to fall asleep or when you wake in the middle of the night, can actually increase stress, making it harder to fall asleep. Turn your clock's face away from you.

And if you wake up in the middle of the night and can't get back to sleep in about 20 minutes, get up and engage in a quiet, restful activity such as reading or listening to music. And keep the lights dim; bright light can stimulate your internal clock. When your eyelids are drooping and you are ready to sleep, return to bed.

- **Use light to your advantage**

Natural light keeps your internal clock on a healthy sleep-wake cycle. So let in the light first thing in the morning and get out of the office for a sun break during the day.

- **Keep your internal clock set with a consistent sleep schedule**

Having a regular sleep schedule helps to ensure better quality and consistent sleep.

Going to bed and waking up at the same time each day sets the body's "internal clock" to expect sleep at a certain time night after night. Try to stick as closely as possible to your routine on weekends to avoid a Monday morning sleep hangover. Waking up at the same time each day is the best way to set your clock, and even if you did not sleep well the night before, the extra sleep drive will help you consolidate sleep the following night.

- **Nap early — or not at all**

Many people make naps a regular part of their day. However, for those who find falling asleep or staying asleep through the night problematic, afternoon napping may be one of the culprits. This is because late-day naps decrease sleep drive. If you must nap, it's better to keep it short and before 5 p.m.

- **Lighten up on evening meals**

Eating a pepperoni pizza at 10 p.m. may be a recipe for insomnia. Finish dinner several hours before bedtime and avoid foods that cause indigestion. If you get hungry at night, snack on foods that (in your experience) won't disturb your sleep, perhaps dairy foods and carbohydrates.

- **Balance fluid intake**

Drink enough fluid at night to keep from waking up thirsty — but not so much and so close to bedtime that you will be awakened by the need for a trip to the bathroom.

- **Exercise early**

Exercise can help you fall asleep faster and sleep more soundly — as long as it's done at the right time. Exercise stimulates the body to secrete the stress hormone cortisol, which helps activate the alerting mechanism in the brain. This is fine, unless you're trying to fall asleep. Try to finish exercising at least three hours before bed or work out earlier in the day.

- **Follow through**

Some of these tips will be easier to include in your daily and nightly routine than others. However, if you stick with them, your chances of achieving restful sleep will improve. That said, not all sleep problems are so easily treated and could signify the presence of a sleep disorder such as apnea, restless leg syndrome, narcolepsy or another clinical sleep problem. If your sleep difficulties don't improve through good sleep hygiene, you may want to consult your physician or a sleep specialist.

# Amateur radio club offers fun hobby, emergency capabilities

By **ANGIE THORNE**

Guardian staff writer

FORT POLK, La. — What do you know about radio airwaves? If you're like most people, it's probably not a lot.

Most folks experience these frequencies from music and talk shows coming through their car speakers and, as technology has increased, through Wi-Fi and internet computer connections. That one-sided interaction means most people don't understand the science behind communication through radios (unless you are a Soldier on Fort Polk).

That's something the West Central Louisiana Amateur Radio Club is trying to change one person at a time.

Randy Day, WCLARC president, said his club is an organization of amateur radio operators that promote amateur radio technology as a hobby and provide emergency communications in case of a disaster.

Day is a retired Operations Group signal planner that currently works with Raytheon on Fort Polk as an Integrated Defense Systems engineer. Raytheon develops a variety of Army air defense missile systems.

WCLARC is affiliated with the national chapter of amateur radio, called the American Radio Relay League. One of the main purposes of the organization is to safeguard the radio frequencies officially used by amateur radio enthusiasts.

"The League fights to keep those frequencies dedicated to amateurs because just about everything today operates on radio frequencies such as Wi-Fi. Even your washer and dryer can be run wirelessly," said Day.

Robert Partigianoni, WCLARC events coordinator and former president, is a retired Army medic. He explained how amateur radio operators were given the frequencies they use today. He said in the early 1900s when the history of radio was young, "professional" broadcasters thought they had the perfect frequency for radio. Thus, when "amateurs" wanted to talk to each other without interfering in the professional broadcasts, they were given the lower frequencies on the scale.

"The folks in charge said to put the amateurs down on the lower frequencies of the band because they believed those frequencies were useless and the people using them are just 'amateurs anyway,'" he said.

Little did those "in charge" know how important those frequencies and amateurs would become in the future.

Anyone can become a licensed amateur radio (ham radio) operator. Day made it clear that you don't have to become a member of his club to be an operator, but you do have to take a Federal Communications

Commission test.

Day said one of the functions his club provides is the ability to give that FCC test. "You used to have



COURTESY WEST CENTRAL LOUISIANA AMATEUR RADIO CLUB

*Members of the West Central Louisiana Amateur Radio Club gather in the Vernon Parish Emergency Communications Trailer during a 2018 field day, an annual event where the club operates from a field environment.*

to go to an FCC office and sit down with a federal employee to take the test. What they have done over the years is adjust that procedure to allow certified volunteers — through the volunteer examiner certification program — to administer tests. So someone like myself or another certified member of our club can give exams on behalf of the FCC and then send that paperwork up. It's one of the main functions our club provides," he said.

The club makes presentations in schools.

"I try to discuss the importance of this technology and explain the inner workings behind the radio. It's great to show kids this technology isn't complicated. Anyone can learn to do it. A couple of diodes and resistors, a speaker, battery and a wire and you have an FM radio. It's science in action. We try to share and promote our knowledge, not just with kids, but also the community in general," said Day.

In addition the club has two community events a year — one in the summer and one in the winter — where the club shows the public what amateur radio is all about. "They are called field days. We set up with generator or



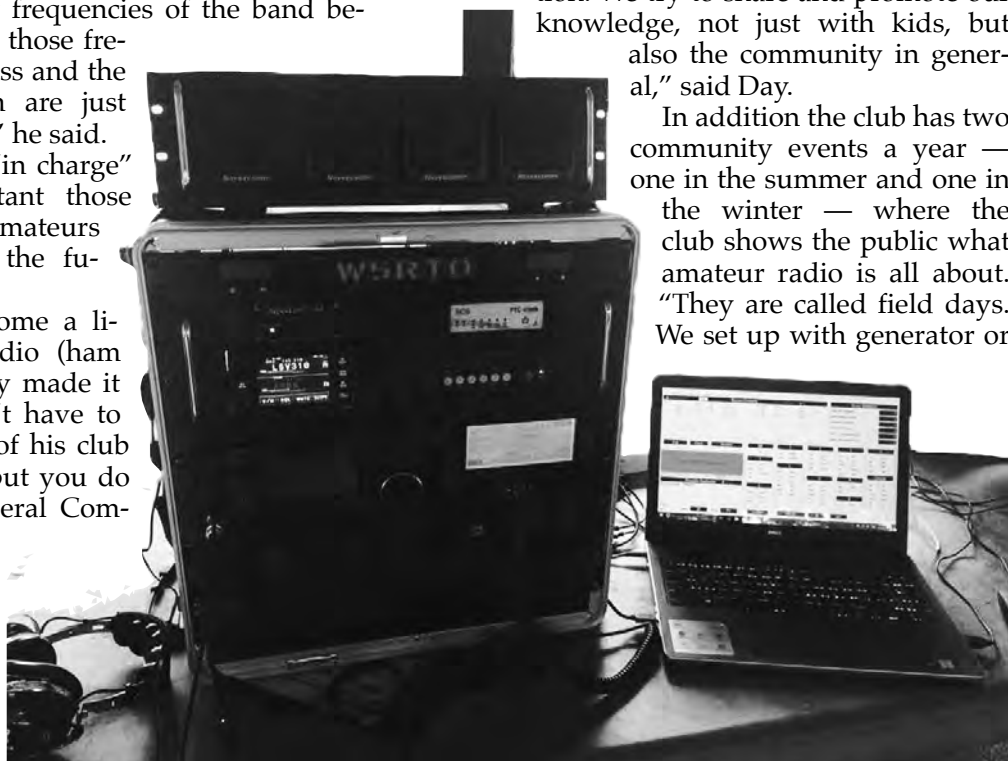
*Randy Day, West Central Louisiana Amateur Radio Club president, participates in the annual American Radio Relay League National Park Event where amateur radio operators operate their radios from a national park*

solar power and invite the public to come out and see what we do. The event has a dual purpose in that it is also training for us in case of emergency," said Day.

Partigianoni said during these events the club sets up in places they don't normally operate.

"There are no antennas out there for us to use. Instead, we pull up in our mobile trailer and set up a bunch of wire antennas. We even have a tower that can put out a beam if we need to talk farther. After we set up, we see how many contacts we can make in a 24-hour period and where they are located. We keep a log. Normally, we can contact about 47 states and 15 to 20 countries.

Please see **Radio**, page 19





# Fort Polk Progress awards \$31,174 grant to VPSB

## FORT POLK PROGRESS

LEESVILLE, La. — Fort Polk Progress President Michael Reese presented a grant for \$31,174 on behalf of the organization to the Vernon Parish School Board Feb. 7 during a regular board meeting in Leesville, Louisiana.

"I just want to tell you how appreciative we are of the achievements of the Vernon Parish school system," Reese said to the board while presenting them with the grant.

The grant is a product of the Education Initiative, which is spearheaded by Fort Polk Progress in partnership with Vernon Parish schools, the Joint Readiness Training Center and Fort Polk, the Vernon Parish Chamber of Commerce

and community stakeholders.

It aims to improve school performance and educate parents on school curriculum in Vernon Parish School District, which has a large population of military-connected students.

The grant was made up of funds left over from Fort Polk Progress grant dollars from Louisiana Economic Development in 2018.

"Our board was excited to be able to make this additional grant to the Vernon Parish School District to support priorities identified through the Education Initiative committee," Reese said.

According to Renita Page, a VPSB curriculum director, the grant will be used to fund the district website, Camp Discovery, Advanced Placement program incentives, and

Quick Response (QR) code cameras for students in kindergarten through second grade to access Clever — a student portal for a variety of learning applications — with a Clever QR code badge.

"Vernon Parish is fortunate to have a strong partnership with Fort Polk Progress," Page said. "The organization has always been there to help us when we need it."

VPSB Superintendent James Williams and VPSB President Vernon L. Travis Jr. also expressed their gratitude to Fort Polk Progress for their continuous support.

"We appreciate everything you do for us," Williams said.

"On behalf of the board, we'd like to say, 'Thank you,' for all the awesome support from Fort Polk Progress," Travis added.



VPSB Assistant Superintendent Mike Kay

## VPSB undergoes AdvancED accreditation process

### FORT POLK PROGRESS

LEESVILLE, La. — The Vernon Parish School Board recently went through an accreditation process with Advance Education, a non-profit organization that "conducts rigorous, on-site reviews of a variety of educational institutions and systems to ensure that all learners realize their full potential."

VPSB Assistant Superintendent Mike Kay briefed board members on key findings during the AdvancED evaluation period, as well as what the accreditation process entailed.

The AdvancED evaluation team was made up of six team members responsible for acquiring evidence and information necessary to evaluate VPSB's performance against AdvancED performance standards, use the respective standards to assess the school system's learning environments, and provide constructive feedback.

The team spoke with 216 interviewees, consisting of administrators,

board members, principals, teachers, community partners, parents and students.

They identified the Vernon Parish School System's strengths as the following: Shared leadership and commitment; supportive culture and family; and systemic data-driven decision making.

"They said we were ahead of the curve not just in Louisiana, but in the nation as well with what we are doing," Kay said. "We're very pleased with the outcome."

Fort Polk Garrison Commander Col. Jarrett A. Thomas II expressed his appreciation to the Vernon Parish School Board in making this accreditation process a priority.

"What you do here for us as far as the accreditation piece means a great deal to our service members and their Families," Thomas said. "We do move quite often and we're trying to reduce the difficulty of moving students from one school district to another, so the accreditation piece is critically important to us."



## REGION'S LEADER IN ADVANCED HEART CARE

When it comes to the heart, Rapides Regional Medical Center provides cardiac care on a higher level.

Our physicians and staff provide a variety of advanced treatments only available here.

### SMALLEST PACEMAKER

World's smallest leadless pacemaker for patients experiencing irregular or slow heartbeats

### ELECTROPHYSIOLOGY

Cardiac ablations to correct heart rhythms in a cath lab setting

### TAVR

Transcatheter Aortic Valve Replacement for patients with aortic stenosis

### CATH LAB AND OPEN HEART SURGERY

The most complex heart cath and surgeries performed by skilled specialists

For a list of cardiologists and cardiovascular surgeons, visit [rapidesregional.com](http://rapidesregional.com)



**Rapides Regional  
Medical Center**

HEALTH CARE ON A  
**HIGHER LEVEL**



# Military members pay tribute to Marvel comic legend, Army veteran

By **DENA O'DELL**  
Army News Service

HOLLYWOOD, Calif. — As a child, Maj. Scotty Autin loved reading Marvel comic books. One of his favorite characters was Gambit, a fictional quick-handed, card-playing thief from New Orleans.

"Considering I'm from Louisiana, I was always drawn to Gambit," said Autin, deputy commander of the U.S. Army Corps of Engineers Los Angeles District. "I read all the comics that featured him and watched the X-Men animated series just to see him. I remember as a 10-year-old, I would practice throwing playing cards just to be like him."

So when Autin was invited to participate in "Excelsior! A Celebration of the Amazing, Fantastic, Incredible and Uncanny Life of Stan Lee" Jan. 30 at The Creative Life, or TCL, Chinese Theatre, formerly known as Grauman's Chinese Theatre, in Hollywood, it was an offer he couldn't refuse.

The event was a memorial tribute to Lee, the legendary writer, editor and publisher of Marvel Comics, who died in November 2018.

But it wasn't just because Autin grew up reading Marvel comic books that made participating in the ceremony so important to him; it also was a way to honor Lee's service to the nation as a fellow Army veteran.

Lee was a member of the U.S. Army Signal Corps during World War II. While in the service, he started out as a lineman, before the Army realized his writing skills and moved him into technical writing for training manuals, films and posters. After the war, Lee returned to Timely Comics, later renamed Marvel, where he served as the editor and co-creator for decades.

He was proud of his military service, said Lee's longtime friend, Karen Kraft, an award-winning television producer, Army veteran and the chairwoman of the Veterans in Media and

Entertainment, or VME, Board of Directors.

"He was very proud to have enlisted and was hoping to serve overseas, but his skill set was quickly discovered as a writer, illustrator and storyteller," Kraft said.

Lee's appreciation for his military service carried over to his civilian role at Marvel Comics, where it can be seen in the patriotic themes of "Captain America," she said.

Organizers of the event, which included VME, wanted to ensure that piece of Lee's life wasn't lost during the tribute ceremony, so they organized a color guard. A bugler was brought in to play "Taps." An Army band was asked to perform. Autin brought American flags he had flown in Iraq on Veterans Day to present to Lee's daughter, J.C., and the sponsors of the event. American Legion Post No. 43, Hollywood, and Post No. 283, Pacific Palisades, California, got on board to help with a wreath-laying ceremony.

## First encounter with Lee

Growing up in Rochester, New York, Kraft was drawn to the comic book creations of Lee.

She and her older brothers would go to the comic book store once a month, where she soon fell in love with Marvel Comics — the artwork, words, lettering, coloring.

"No two comic books are the same," she said. "It so captivates you that you don't realize you're reading a comic book. Your mind is filling in the gaps between the boxes and the pages because you're so enthralled by it. That's a power; that's a storytelling magic."

Kraft first met Lee at a comic book convention when she was young. After the convention and at the recommendation of her mother, Kraft wrote Lee a "thank you" letter, and he wrote a "thank you" letter back. From there, the two kept in touch, she said.

Later, when Kraft worked for the Discovery Channel, she interviewed Lee and other comic book talents for the documentary, "Marvel Su-



DENA O'DELL / ARMY NEWS SERVICE

Maj. Scotty Autin, deputy commander, U.S. Army Corps of Engineers Los Angeles District, reflects in the background of a wreath honoring the late Marvel Comic legend Stan Lee during "Excelsior! A Celebration of the Amazing, Fantastic, Incredible and Uncanny Life of Stan Lee" Jan. 30 at the TCL Chinese Theatre in Hollywood, Calif.

perheroes Guide to New York City." The documentary entailed traveling around New York City to the locations that inspired Lee and other comic book artists.

After she left Discovery Channel, Kraft worked with Lee on various projects. Their initial chance encounter and continued correspondence developed into a decades-long friendship.

In Kraft's eyes, Lee had his own superpower

Please see **Marvel**, page 17

JOINT READINESS TRAINING CENTER



**Waste Connections is proud to be serving Fort Polk Home Of Heroes**

We would like to provide some information each month to help us give Ft. Polk the best service possible

1. All dumpsters on Fort Polk are required to have top lids and side doors closed at all times, we ask that when you are done placing items in the container you ensure lids and doors are closed.
2. Please do not place any items in front of dumpsters as this prevents the driver from being able to service the dumpster.
3. There should be no field trash placed in any dumpster not marked "Mixed Field Waste", if a unit has field training to conduct they can call 535-1155 and schedule containers to be placed at their training location.
4. Please do not park vehicles around dumpsters, this will prevent the dumpster from being serviced.

If there are any questions and or concerns about dumpsters, bulk items or containers for field training please contact us at 535-1155 for Assistance.



**28<sup>th</sup> Annual  
NEW ORLEANS  
RV SHOW**

**FEB 22-23-24**  
Pontchartrain Center



See Over 100 BRANDS in 1 Location!  
It's THE Place to Buy Your New RV!  
Fri 12PM - 7PM • Sat 10AM - 7PM • Sun 11AM - 5PM  
[NewOrleansSpringRVShow.com](http://NewOrleansSpringRVShow.com)



— the ability to connect with people.

“Stan was marvelous in the use of his vocabulary and the way he created these characters you can relate to,” she said. “He created this entire world with all of these different artists ... Every character he created is a co-creation. That’s also pretty stunning — including all of these people and inspiring all of that creativity from artists and writers.”

Lee was known for a process called the “Marvel Method,” a creative assembly-line style he used in comic book-making. Lee would write in the captions, another artist would sketch the scene, another

would color it and a different artist would finish the lettering. Some credit Lee’s process to his Army experience, where everyone had a job, or Military Occupational Specialty.

Throughout the years, Kraft said, Lee always opened his home and office to her and allowed her to bring veterans over to visit, where he would share his World War II stories. The two both joined the American Legion Post No. 43, Hollywood, together and Lee became an advisory board member of VME.

“He would talk to veterans about his military service ... he loved to share his story,” she said. “His superpower is people. He’s extremely generous, very open with his time,

kind, funny and positive. And, he was proud of his military service. We bonded over that.”

Kraft recalled one time when Lee spoke to about 300 military veterans with VME.

“I remember in the last meeting, he was quite emotional when he said to the veterans in the audience, ‘You’re the real heroes in my world,’” she said. “It was very, very touching.”

#### A legion of fans

The tribute to Lee at the TCL Chinese Theatre was nothing short of honoring his legacy of bringing diverse groups together. Directors, producers, military service members and veterans, artists, writers, comic book fans and celebrities packed the theatre courtyard on the day of the event.

The diversity of the crowd didn’t surprise Kraft, who said Lee made everyone feel like they were a part of his family.

On a small stage on the left-hand side of the courtyard, a military color guard posted the flags, while a bugler played “Taps” in the background. Army band members played “Amazing Grace” on bagpipes. Those who worked closely with Lee approached the microphone one by one to give testimonials of how he impacted their careers and their lives, including actor, director and producer Kevin Smith. A wreath was placed near a stone plaque engraved with Lee’s signature. Folded flags encased in wood-

en boxes were presented to the sponsors of the event, which included Agents of Mayhem, Legion M and POW! Entertainment. A flag was later presented to Lee’s daughter on the Red Carpet.

Following the courtyard tribute, celebrities, military members and others walked the Red Carpet leading inside the theatre, where celebrity panelists and others also paid tribute to Lee.

The diversity of the crowd, the presenters and the celebrities at the event spoke to Lee’s impact and reach across not only generations, but ethnic and social lines, Autin said.

“During the ceremony, I stood next to a gentleman who was about my age,” he said. “I was in my military dress uniform, and he was dressed as Mr. Fantastic (of the Fantastic Four). To the outside observer, that had no context of the situation, the sight would have looked like it was straight from a Marvel movie script. However, to us, we were both there to honor a man in our own way. The man that had an impact on us individually, as well as our entire generation.”

Lee loved a crowd and would have loved the ceremony and all of the military representation, Kraft said. He would have snapped off a smart salute to all of the men and women in their dress blues, said a quick-witted phrase, and there would be lots of hugging and smiles.



## INDULGE YOUR INNER SUPERFAN

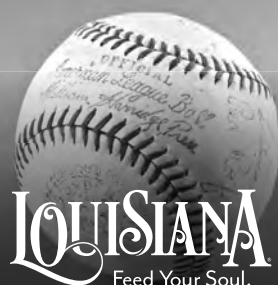
LOUISIANA SPORTS HALL OF FAME & NORTHWEST LOUISIANA HISTORY MUSEUM  
NATCHITOCHES, LA

Snag a front-row seat to dazzling exhibits that bring Louisiana sporting legends to life. Plan your family’s next educational outing by visiting [LouisianaStateMuseum.org](http://LouisianaStateMuseum.org).

SHARE YOUR LOVE OF LOUISIANA.



JOIN THE BAYOU KREWE TODAY!



©2018 Louisiana Department of Culture, Recreation & Tourism

LouisianaTravel.com

**337.239.2776**

*Dr. David E.*  
*Karra Aymond, MPAS, PA-C*

**100 N. 3rd Street | Leesville, Louisiana**



# Pet waste can affect water systems: Pick it up

## ENRMD

FORT POLK, La. — On Fort Polk, runoff from rainstorms flows directly to local creeks and streams with no treatment prior to dispersal. Without the benefit of filtering and treatment, storm water pollution can accrue in a storm water system quickly.

One of the leading contributors to polluted storm water systems is pet waste. As water falls to the ground and moves along surfaces it pushes pollutants like those from pet waste into storm drains, which leads directly to the surrounding environment.

Pet waste can potentially contain diseases including Salmonellosis (bacterial infection), Toxocariasis (roundworm infection) and Giardiasis (protozoan parasite infection). These infectious diseases pose health problems for wildlife using streams to wade, eat and drink. Humans are not immune either; such diseases can be passed to people.

Dog waste poses such a negative threat to environmental health that it was labeled as a non-point source pollutant in 1991 by the Environmental Protection Agency. This label puts pet waste in the same category as herbicides and insecticides, oil, grease and toxic chemicals. A sin-



gle gram of dog waste can contain up to 23 million fecal coliform bacteria. Along with posing risks to human health, this bacteria also makes its way to local waterways and degrades ecosystems for animal and plant species.

### What can be done?

Be prepared. Pet owners should carry a plastic

bag with them wherever they walk their pets. Another tip is to tie a few plastic bags to the pet's leash to ensure a bag is always available. This makes it easy to clean up and dispose of pet wastes quickly in a nearby waste receptacle. Also, avoid allowing your pet to relieve themselves within 200 feet of a body of water.

Don't assume that a dog doing its business in the grass or the woods is safe to leave. There is a common misconception that pet wastes act as a fertilizer for lawns and plant life, when in fact as it decomposes, it releases harmful bacteria and nutrients into the surrounding environment. This can damage your lawn by leaving brown spots and poses a threat for anyone who comes into contact with the area, such as children, pets or landscapers. There is no good place to leave pet waste. It must be picked up and disposed of properly.

A study conducted by the EPA found the main reason for pet waste pollution is that owners do not like to pick up after their pets. As many as 40 percent of dog owners reportedly do not clean up their pet's waste. Make sure if you want to own a pet, you can handle the responsibility.

For more information about protecting storm water systems like "Fort Polk Water Resources Management" on Facebook at or call 531- 0998.

## MILITARY STAR Card users save on premium fuel at Exchange pumps

### EXCHANGE

FORT POLK, La. — Soldiers and their families at Fort Polk can fill their tanks with premium fuel at Army and Air Force Exchange Service gas stations without emptying their wallets thanks to a special MILITARY STAR offer.

From March 1 through May 31, MILITARY STAR cardholders will receive a 10-cents-per-gallon discount on premium gasoline when they use their card to fuel up at Fort Polk Express locations. This doubles the savings of 5 cents per gallon cardholders receive every day at Exchange gas stations worldwide.

"With this deal, Soldiers can drive away with real savings," said Fort Polk Exchange General

Manager, Beth Pritchard. "It's a win-win for the military community."

The 10-cents-per-gallon discount applies only to premium-grade fuel purchased with a MILITARY STAR card. Participating Fort Polk locations include:

- Express 1, 5498 Louisiana Ave
- Filling Express, 5890 Holmund Street
- Express 3, 2891 Chaffee Road, Bldg 7000
- Mini Mall, 3310 Louisiana Ave

The MILITARY STAR card is an exclusive line of credit for service members and their families to use at exchanges and commissaries — no matter where they serve. In 2018, the MILITARY STAR card generated \$471 million in value for the military community. MILITARY STAR earn-

ings fund quality-of-life programs, including Army child development and fitness centers activities.

Military shoppers enjoy benefits when using the MILITARY STAR card, including:

- One of the lowest APRs (12.49 percent) among retail-issued credit cards, no matter the cardholder's credit score (for approved accounts)
- No annual, late or over-limit fees
- 10 percent discount on first day's purchase
- A rewards program where cardholders earn 2 points per dollar, and a \$20 rewards card when they reach 2,000 points.

The MILITARY STAR card is administered by the Army and Air Force Exchange Service. For more information, visit [MyECP.com](http://MyECP.com).

## SERIOUS ILLNESS?

**You May Qualify for a Living Benefit Loan**

Have you been diagnosed with cancer or another serious medical condition?

Do you have at least \$75,000 of life insurance?

Through our program you can borrow money from your life insurance and receive up to 50% of your policy's death benefit today.

Call today to see if you qualify.

# 1-877-305-6035

life credit company

AW18-1024

## LUNG CANCER? Call Now !

Asbestos exposure at refineries, shipyards, chemical plants, power plants, pipelines, on ships, offshore rigs, or other maritime jobs, industrial, construction, manufacturing jobs, or the military may be the cause. Family in the home were also exposed. Throat, Stomach, and Colon cancers may also be asbestos related.

Call 1-866-377-6209 or email [cancerLA@breakinginjurynews.com](mailto:cancerLA@breakinginjurynews.com).

\$30 billion is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit.

# GUN TRANSFERS

## PREMIUM PAWN

246 Keyser Avenue, Natchitoches, LA

# 318-238-4050

Call today to connect with a

## SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

*aPlace for Mom.* A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.

*There's no cost to you!*

# (855) 494-4381

! We're paid by our partner communities



# Radio

Continued from page 14

That means if it was an emergency, we would have communication capabilities and can make contact almost anywhere," he said.

Day said the club and its members have an understanding with the City of Leesville and Vernon Parish that if communications go down in the event of a large-scale disaster, they would provide a communication backbone through their amateur radio emergency service program (ARES). Though many of the WCLARC members are members of ARES, it isn't mandatory to be part of that organization.

"Instead, people volunteer to do that and our club members are simply part of that effort. That provides local, long distance, interstate and out of state communications across a national grid," said Day.

Partigianoni said to be a member of ARES, you need to take some Federal Emergency Management Agency courses.

"Those are the courses that tell us how an amateur radio group or any group interfaces with the federal government. Those courses are important. There are certain emergency operation centers that you can't step into unless you have taken one of these FEMA courses that deal with operation security and more," said Partigianoni.

"In case of an emergency, we work directly with the Sheriff's Office, as well as Fort Polk. Day said there are several members of the Fort Polk EOC who are also members of the club.

"They are licensed as amateur radio operators in case an emergency that knocks out communications in a large area," he said. "In fact, we have a lot of military affiliated members; whether they are veterans, or retirees, I would say our membership is made up of about 75 percent veterans."

The club has other connections to Fort Polk. When hurricane Rita hit the area in 2005, Leesville and Fort Polk lost their main communication systems for a few days and it was Partigianoni that suggested an amateur radio option as a backup system in case something like that happened again.

"Now Fort Polk has the necessary set up with radio and antennas, licensed and certified people to run the system and are part of the Military



COURTESY WEST CENTRAL LOUISIANA AMATEUR RADIO CLUB

*Members of the West Central Louisiana Amateur Radio Club and local amateur radio operators gather at a club event called Ham Fest.*

Auxiliary Radio System (MARS) with their own call sign," he said.

Partigianoni helps Fort Polk maintain its radio system.

"I go to the EOC every six weeks to check out their radio equipment and make sure it is in good working order. I do a radio check with Fort Huachuca, Arizona, through the MARS program. That means we can reach them anytime we want, including during an emergency," he said.

Partigianoni and the club also helps out Fort Polk units by troubleshooting problems with communication and radio systems when requested. He said he gets a call about once a month to request his help.

"I've helped units with issues as simple as correcting the height of their antenna when they weren't making contact to teaching soldiers the optimal radio broadcast frequencies and how to find those frequencies to make the connections they need in the field or downrange," he said.

Finally, if there is interest and a unit makes the request, the club has offered to teach a class periodically on post and give the FCC test to those who are interested in earning their amateur radio license.

"I think the last class we had about seven people attend," Partigianoni said. "Over the years we've probably certified about 50 people."

Partigianoni said amateur radio is a rewarding and enjoyable hobby.



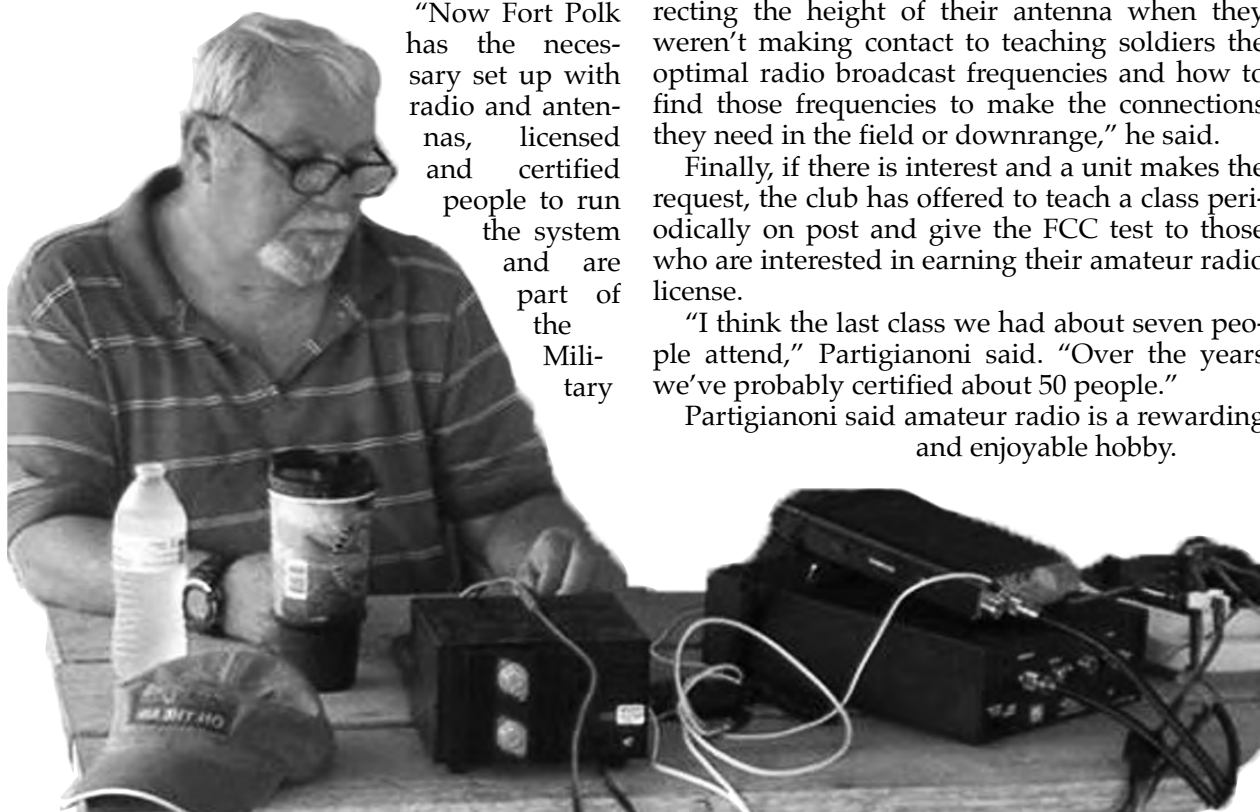
*Randy Day, West Central Louisiana Amateur Radio Club president, makes a presentation on radio wave propagations and frequency theory to sixth and seventh graders at First Assemblies Christian Academy, Leesville.*

"I feel like I help people. I enjoy the communication I have with amateur radio enthusiasts and like learning about the technology. I will probably always do this. I tell my wife I'll probably die with a little ham (amateur radio) in my hand," he said.

Day also encourages folks to delve into amateur radio.

"Until I got involved in amateur radio, I didn't know how a lot about the technology behind the radio, internet or how wireless systems worked — this common technology that we all take for granted. Amateur radio pulls that curtain back and I understand it now. It's a really great hobby that not only promotes radio, but also an understanding of past, current and future technology. It's the future of everything," he said.

For more information about the West Central Louisiana Radio Club check out their Facebook page at [www.facebook.com/wclarc/](http://www.facebook.com/wclarc/).



*Robert Partigianoni works on his amateur radio.*

# Lagniappe

## BOSS

Check out Fort Polk's Better Opportunities for Single Soldiers. The organization offers single Soldiers the opportunity to volunteer, as well as participate in fun events and volunteer opportunities. Don't miss your chance to take part.

### • Basketball game

Fort Polk BOSS is taking a trip to New Orleans as the Pelicans host the Phoenix Suns March 16. The cost is \$70 per Soldier, which covers transportation, hotel, ticket and VIP game experience. Space is limited so don't miss your chance to watch basketball at its best. Departure is from the Home of Heroes Recreation Center at 9 a.m. For more information on BOSS events call 531-1948.

### • Lemon lot

Trying to sell your vehicle? Bring it to the BOSS Lemon Lot. Registration is \$5 for 30 days. Cars that are not registered will be towed. Register at the Home of Heroes Recreation Center.

## Festivals

### • Black Heritage Festival

The annual Black Heritage Festival takes place March 9 at the Lake Charles Civic Center, 900 Lakeshore Dr., from noon to 6 p.m. The festival features live entertainment, mouth-watering food and family fun. The event brings together the cultures of Africa and Southwest Louisiana while celebrating diversity, culture and education. Food booths will serve plenty of

great tasting Louisiana Creole and traditional African-American foods, including gumbo, jambalaya and barbecue. The vendor marketplace will be open with an array of art, books, jewelry, clothing, collectibles, Greek paraphernalia and more. Admission is \$5 per person. Children 5 and under get in free. For more information visit [www.bhflc.org](http://www.bhflc.org).

## Miscellaneous

### • Artillery discussion

Mansfield State Historic Site, 15149 La. Hwy 175, three miles south of Mansfield, offers a unique presentation Saturday at 2 p.m. about the types of field cannon employed by artillery batteries during the Civil War Battle of Mansfield and the types of ammunition used. Admission is \$4 per person ages 4-61. Seniors 62 and older and children 3 and under get in free. For more information call (888) 677-6267.

### • Azalea trail

Beginning Saturday, you can enjoy the first blooms of spring thanks to the historic azalea trail. The Lafayette Azalea Trail winds through the historic districts, grand boulevards and streets of Lafayette; approximately 20 miles of floral splendor within the city's urban core. Some of the bushes are more than 80 years old. For more information visit <https://azaleatrail.org/>.

### • Texas Hold 'em

If you love a good game of poker, stop by Spare Time Lounge, 2087 Ninth St., Fort Polk, today at 6 p.m. to participate in a Texas Hold

'Em Tournament. The event takes place every Friday at 6 p.m. There is a \$20 buy-in and one \$20 re-buy. Weekly prizes are awarded to the top three players. Call 531-8139 for more information.

### • Chimp adventure

Make plans to visit Chimp Haven March 16 from 9 a.m.-noon, Keithville, La. The center is open to the public on a Chimpanzee Discovery Day. The event is an entertaining and educational adventure for the entire family. Visitors to Chimp Haven will have the chance to observe the chimpanzees in forested habitats; talk to staff about the chimps personalities and natural behavior; and discover the wonders on the nature trail. Admission fee: Adults (13 years and above) - \$10; children (6 -12 years) - \$5; and children (5 years and under) - free. For more information visit

<https://chimphaven.org/events/>.

### • Language club

Immerse yourself in learning a foreign language such as Russian, Spanish, Brazilian, Portuguese or Tagalog by attending the Language Immersion Table. The club meets the first Wednesday of each month from noon to 1 p.m. The next meeting is March 6. For more information call Miguel Moyeno at (636) 577-4274.

### • Bass Masters

Join the Fort Polk Community Bass Masters. The club meets at the New Llano American Legion, Post 387, 500 Vernon St., New Llano. The March tournament takes place on Sam Rayburn Lake. For more information call (337) 535-7591.

## Take part in Louisiana tradition by attending Mardi Gras parades

### GUARDIAN STAFF

FORT POLK, La. — Today kicks off the start of the Mardi Gras parade season in some places. Make your plans now to pick your parade and stake out your place on the parade route early in the day.

Getting a good spot is essential to catching the most candy, beads and more. You have plenty of parades to choose from.

If you would like to see for yourself what all the excitement is about, here is a listing of just a few of the Mardi Gras celebrations that will be taking place across the state:

#### 2019 Leesville Mardi Gras parade:

- March 2 — The Mardi Gras parade takes place at 2 p.m. along Third Street.

#### 2019 Lafayette Mardi Gras events:

- Today — Krewe de Canailles Walking Parade. Downtown, 6:30 p.m.

- Saturday — Krewe of Carnivale en Rio Mardi Gras Parade. Downtown to Cajun Field at 6:30 p.m. For more information call (337) 984-6522 or visit [RioLafayette.com](http://RioLafayette.com).

- Saturday — Krewe des Chiens. Downtown at 2 p.m. For more information call (337) 984-6522.

- March 1-5 — Le Festival de Mardi Gras à Lafayette. Carnival rides & games, live music, food vendors, parades roll through festival grounds at Cajun Field. Times vary.

- March 2 — Krewe of Bonaparte Mardi Gras Parade at 6:30 p.m.

- March 2 — Children's Parade begins at 12:30 p.m.

- March 4 — Queen Evangeline's Parade takes place at 6 p.m.

- March 5 — Mardi Gras Show at Clark Field. Clark Field Stadium.

- March 5 — King Gabriel's Parade takes place at 10 a.m.

- March 5 — Lafayette Mardi Gras Festival Parade takes place at 1 p.m.

- March 5 — TownSquare Media Independent Parade takes place at 2:30 p.m. For more information call (800) 346-1958 or visit [www.lafayette-travel.com](http://www.lafayette-travel.com) or [GoMardiGras.com](http://GoMardiGras.com).

#### 2019 Lake Charles Mardi Gras events

- Thursday — Mardi Gras lighted boat parade at 7 p.m. along the Lakefront Promenade, 900 Lakeshore Dr. Watch a Mardi Gras parade on the lake.

- March 1 — Mardi Gras merchants' parade takes place at 7 p.m. It begins downtown and travels down Ryan Street. Local business leaders and social organizations take to the streets on festive Mardi Gras floats from the Lake Charles Civic Center to Ryan Street, ending at Sale Road.

- March 2 — Krewe of Barkus Parade begins at 2 p.m. at the Civic Center, 900 Lakeshore Dr. A parade of costumed pets and their owners makes for a whimsical, carnival atmosphere.

- March 3 — Mardi Gras Children's parade begins at 3:30 p.m. The parade route travels along Ryan Street.

- March 5 — Krewe of Krewes Mardi Gras parade begins at 5 p.m. from downtown and travels along Ryan Street.

For more information visit [www.visit-lakecharles.org](http://www.visit-lakecharles.org).

#### 2019 Alexandria Mardi Gras events:

- March 1 — Hixson Classic Cars and College Cheerleader Parade begins at 4 p.m.

- March 2 — Children's Parade begins at 10 a.m. and travels along Murray Street.

- March 2 — Alexandria Zoo Mardi Gras party takes place from 2-4 p.m. Admission is regular price. For more information visit [www.thealexandriazoo.com](http://www.thealexandriazoo.com).

- March 3 — Krewes parade begins at 2 p.m. For more information visit [www.alexmardi-gras.net](http://www.alexmardi-gras.net).

#### 2019 Monroe Mardi Gras parade:

- Saturday — Krewe of Janus Mardi Gras Parade takes place at 6 p.m. This year's theme is under the big top.

For more information visit [www.monroe-westmonroe.org](http://www.monroe-westmonroe.org).

#### 2019 Shreveport-Bossier Mardi Gras events:

- Saturday — Krewe of Centaur parade
- Sunday — Krewe of Barkus and Meoux Pet Parade.

- March 2 — Krewe of Gemini parade

- March 3 — Krewe of Highland parade

- March 5 — Childrens Mardi Gras Parade

- March 5 — Fat Tuesday in Shreve Town, A Walking Parade. For more information visit [www.shreveport-bossier.org](http://www.shreveport-bossier.org).





# Fort Polk Guardian

www.thefortpolkguardian.com

## Tradin' Post Ads

Published for the community of Fort Polk, La.

Deadline For All Classified  
Ads Is Noon Tuesday

Turn in ads to the  
Public Affairs Office,  
Bldg. 4919, Magnolia Dr.  
or fax to: 318-352-3667  
or email to  
tradingpostads@yahoo.com

### SCHOOLS

**CHILD CARE OPENING'S** at First Assembly Christian Academy! 6 Weeks to 3-years-old. Also Enrolling Pre K - 4 for 2019-2020! Call 337-239-6553 or visit us at 1201 South 9th in Leesville.

### SERVICES

**INDEPENDENT CARE-GIVER** Caring & Compassionate lady who will help with personal hygiene, medication, laundry, light housekeeping and cooking. Will drive where ever you need to go, run errands and help with secretarial duties. Prefer to work 12/7 OR 24/7 (flexible but need at least 8 hours per day). \*No Inside Cats\* \*Excellent References Available\* Call Rose: 337-348-2381.

### FOR SALE

**FOR SALE: TWO 28-FOOT ALUMINUM PONTOONS**, connected with partial cover. Pontoons sit on 28-foot trailer, \$6,000. Call 318-352-3618.

### FOR RENT

**HOUSE FOR RENT:** there bedroom, one bath, \$650 per month. Available mid February. For more information call 337-208-9177.

**ONE BEDROOM HOUSE** with two baths and Townhouses (\$700 per month), References required. Call 318-793-8901

**LOW RATES!** Fully Furnished Studio Suites. Daily, Weekly, and monthly rates available. Full Kitchenettes with utilities & Cable in-

cluded. **EARN FREE STAYS! CALL NOW** 318-370-8356

### REAL ESTATE

**NOTICE:** All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination. The Guardian will not knowingly accept any advertisement for real estate, which is in violation of the law. All dwellings advertised in this newspaper are available on an equal opportunity basis.

### STATEWIDES

**PREGNANT? CONSIDERING ADOPTION?** CALL us first. Living expenses, housing, medical, and continued support af-

terwards. Choose adoptive family of your choice. Call 24/7. 1-855-780-8359 (LA-SCAN)

**APPLYING FOR SOCIAL SECURITY DISABILITY OR APPEALING A DENIED CLAIM?** Call Bill Gordon & Assoc., Social Security Disability Attorneys, 1-844-883-2045 FREE Consultations. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. (TX/NM Bar)] (LA-SCAN)

**AIRLINE MECHANIC TRAINING GET FAA CERTIFICATION.** No High School Diploma or GED-We can help. Approved for military benefits. Financial aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance. 877-902-6315 (LA-SCAN)

**HEALTHCARE CAREER TRAINING ONLINE.** Start a New Career in Medical Billing & Coding. Medical Administrative Assistant. To learn more, call Ultimate Medical Academy. 1-855-400-1967 (LA-SCAN)

**ARE YOU BEHIND \$10K OR MORE ON YOUR TAXES?** Stop wage & bank levies, liens

& audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 1-855-402-7354 (LA-SCAN)

**FINANCIAL BENEFITS FOR THOSE FACING SERIOUS ILLNESS.** You may qualify for a Living Benefit Loan today (up to 50 percent of your Life Insurance Policy Death Benefit.) Free Information. CALL 1-844-297-7783 (LA-SCAN)

**SAVE YOUR HOME!** ARE you behind paying your MORTGAGE? Denied a Loan Modification? Threatened with FORECLOSURE? Call the Homeowner's Relief Line now for Help! 1-866-470-1641 (LA-SCAN)

**DIRECTV & AT&T 155 CHANNELS & 1000S OF SHOWS/MOVIES ON DEMAND (W/SELECT PACKAGE.)** AT&T Internet 99 Percent Reliability. Unlimited Texts to 120 Countries w/AT&T Wireless. Call 4 FREE Quote- 1-866-734-0452 (LA-SCAN)

**GET A SMARTPHONE FOR \$0 DOWN\* WITH AT&T NEXT® AND AT&T NEXT EVERY YEAR?** \$250 Gift Card for Switching to AT&T! (\*Req's well-qualified

credit. Limits & restr's apply.) 1-844-334-8365 (LA-SCAN)

**HUGHESNET SATELLITE INTERNET - 25MBPS STARTING AT \$49.99/MONTH!** Get More Data FREE Off-Peak Data. FAST download speeds. Wi-Fi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-844-253-8788 (LA-SCAN)

**SPECTRUM TRIPLE PLAY! TV, Internet & Voice** for \$29.99 each. 60 MB per second speed No contract or commitment. More Channels. Faster Internet. Unlimited Voice. Call 1-844-669-6795 (LA-SCAN)

**VIASAT SATELLITE INTERNET UP TO 12 MBPS PLANS STARTING AT \$30/MONTH.** Our Fastest Speeds (up to 50 Mbps) & Unlimited Data Plans Start at \$100/month. Call Viasat today! 1-855-801-0860 (LA-SCAN)

**ATTENTION: OXYGEN USERS! GAIN** freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 855-382-4168 (LA-SCAN)

# Advertising in The Fort Polk Guardian

With a phone call  
your ad can be  
seen by over  
**40,000**  
readers!

call  
**Theresa Larue**

**337-404-7242**

or email her at

**sales@thefortpolkguardian.com**



## Guardian Tradin' Post Ad

\* Advertising is FREE for soldiers, family members and DA civilians.

\* Businesses will not receive free advertising. All business ads must be prepaid. We accept Visa and Mastercard.

(This includes child care, quarters-cleaning, or the sale and/or breeding of multiple pedigreed/registered animals)

\* Only single soldiers living in barracks may list numbers with 531 prefixes.

Turn in ads to the Public Affairs Office, Bldg. 4919, Magnolia Dr.  
Or fax to 318-352-3667 or email to tradingpostads@yahoo.com

Deadline for FREE ads is NOON Tuesday.

Category: ☐ Household Appliances ☐ Furniture ☐ Sporting goods ☐ TV/Radio/Stereo  
☐ Motor Vehicles ☐ Computers ☐ Pets ☐ Garage Sales ☐ Real Estate ☐ Misc.

**Advertisement:** In 25 words or less (one word per block) give description, price, telephone number and other pertinent information. For garage sales, list time, date and location.


I am a: ☐ Soldier ☐ Retiree ☐ DA Civilian ☐ Military family member

In signing this form, I certify that the items I am advertising will be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Phone: \_\_\_\_\_



# Fort Polk Guardian

www.thefortpolkguardian.com

## Tradin' Post Ads

Published for the community of Fort Polk, La.

Deadline For All Classified  
Ads Is Noon Tuesday

Turn in ads to the  
Public Affairs Office,  
Bldg. 4919, Magnolia Dr.  
or fax to: 318-352-3667  
or email to  
tradingpostads@yahoo.com

## HUNTING & FISHING LICENSE ARCHERY PRO-SHOP

STARTING AT:  
**\$340**



FINANCING  
AVAILABLE!



QUALIFIED PERSONNEL AT SPECIAL PRICES!  
AR & AK ACCESSORIES FFL TRANSFERS

ARCHERY PRO SHOP

P: (337)537-1756 1074 ENTRANCE RD.  
F: (337)537-2579 LEESVILLE, LA 71446  
WWW.STARGUNANDARCHERY.COM



**ATTENTION: VIAGRA AND CIALIS USERS!** A cheaper alternative to high drugstore prices! 50 Pill Special - \$99 + FREE Shipping! 100% guaranteed. CALL NOW: 1-855-403-6345 (LA-SCAN)

**MEDICAL-GRADE HEARING AIDS FOR LESS THAN \$200!** FDA-Registered. Crisp, clear sound, state-of-the-art features & no audiologist needed. Try it RISK FREE for 45 Days! CALL 1-866-790-0710 (LA-SCAN)

**YOUR MEDICATION, MADE EASY!** PillPack is a full-service pharmacy that sorts your medication by the dose and delivers to your door -- For free. Learn more: 877-811-5046 (LA-SCAN)

**CDLA REGIONAL DRIVERS. RUN** in OK, AR, LA and TX! Home weekly, earn \$1100-\$1300 plus great benefits! Rider and Pet program. Call 888-537-0273 today! (LA-SCAN)

**AT&T INTERNET. GET MORE** For Your High-Speed Internet Thing. Starting at \$40/month with 12-month agreement. Includes 1 TB of data per month. Ask us how to bundle and SAVE! Geo & service restrictions apply. Call us today 1-866-297-0160 (LA-SCAN)

**DIRECTV NOW. NO SATELLITE** Needed. \$40/month. 65 Channels. Stream Breaking News, Live Events, Sports & On Demand Titles. No Annual Contract. No Commitment. CALL 1-877-201-3648 (LA-SCAN)

**DISH TV \$59.99 FOR 190 CHANNELS \$14.95 HIGH SPEED INTERNET.** Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Call 1-855-721-4040 (LA-SCAN)

**EARTHLINK HIGH SPEED INTERNET.** As Low As \$14.95/month (for

the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-866-794-6858 (LA-SCAN)

**HOME BREAK-INS TAKE LESS THAN 60 SECONDS.** Don't wait! Protect your family, your home, and your assets NOW. Get a FREE Quote! Call 1-888-694-2603 (LA-SCAN)

**BATHROOM RENOVATIONS. EASY ONE DAY** updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 1-855-798-4865 (LA-SCAN)

**MEDICAL ALERT SYSTEM FOR SENIORS.** Peace of Mind - Less than \$1 a day! Limited time offer: Free Shipping, Free Equipment & Free Activation! Call anytime: 1-855-487-1759 (LA-SCAN)

## Put Your Career In High Gear!



CALL  
**1-800-443-3780**

Class openings now in  
Alexandria, Baton  
Rouge, Hammond,  
Harvey, Lafayette,  
and Monroe.

### Earn a Class A, B or C CDL

- FULL-TIME  
4 WEEK PROGRAM  
-160 Hours
- PART-TIME  
8 WEEKEND PROGRAM  
-160 Hours
- Refresher Course  
-40 Hours
- Passenger/School Bus  
Course  
-40 Hours

We are a 3rd party tester.

## ALEXANDRIA MARDI GRAS ASSOCIATION 2019



**HIKSON**  
CLASSIC CARS & COLLEGE  
CHEERLEADERS PARADE  
FRI, MARCH 1ST 4-8PM

**CHILDREN'S**  
MARDI GRAS PARADE  
SAT, MARCH 2ND 10AM-8PM

**AMGA 26TH**  
ANNUAL KREWES PARADE  
SUN, MARCH 3RD 2-5PM

**FINALE**  
ROYALE  
SUN, MARCH 3RD

AT RAPIDES PARISH COLISEUM  
DOORS OPEN AT 5



ALEXANDRIA  
MARDI GRAS  
ASSOCIATION

ALEXMARDIGRAS.NET



# Fort Polk Guardian

www.thefortpolkguardian.com

## Tradin' Post Ads

Published for the community of Fort Polk, La.

Deadline For All Classified Ads Is Noon Tuesday

Turn in ads to the Public Affairs Office, Bldg. 4919, Magnolia Dr. or fax to: 318-352-3667 or email to tradingpostads@yahoo.com

**SAVE YOUR HOME!** ARE you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner's Relief Line now for Help! 1-855-222-0483 (LA-SCAN)

**SECURE YOUR HOME WITH VIVINT SMART HOME TECHNOLOGY.** Call 1-888-894-0402 to learn how you can get a professionally installed security system with \$0 activation. (LA-SCAN)

**AUTO INSURANCE STARTING AT \$49/MONTH!** Call for your fee rate comparison to see how much you can save! Call: 844-430-4651 (LA-SCAN)

**DENTAL INSURANCE. CALL PHYSICIANS** Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 1-855-268-0108 or <http://www.dental50plus.com/morning> Ad# 6118 (LA-SCAN)

**SAVE ON YOUR MEDICARE SUPPLEMENT!** FREE QUOTES from top providers. Excellent coverage. Call for a no obligation quote to see how much you can save! 1-844-531-3003 (LA-SCAN)

**WE SHOP; YOU SAVE ON YOUR MEDICARE SUPPLEMENT INSURANCE!** Call 1-844-318-1309 today to compare Medicare benefits and costs

from up to 20 top-rated carriers. Receive the best option for you. (LA-SCAN)

**SAVE ON YOUR NEXT PRESCRIPTION!** World Health Link. Price Match Guarantee! Prescriptions Required. CIPA Certified. Over 1500 medications available. CALL Today For A Free Price Quote. 1-877-784-6520 Call Now! (LA-SCAN)

**CRAFTMATIC ADJUSTABLE BEDS FOR LESS!** Up to 50% Off Leading Competitors. #1 Rated Adjustable Bed. Trusted Over 40 Years. All Mattress Types Available. Shop by Phone and SAVE! CALL 1-877-852-8167 (LA-SCAN)

**LIVING WITH KNEE OR BACK PAIN?** Medicare recipients that suffer with pain may qualify for a low or no cost knee or back brace. Call 844-830-7947 (LA-SCAN)

**PORTABLE OXYGEN CONCENTRATOR MAY BE COVERED BY MEDICARE!** Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 855-636-1667 (LA-SCAN)

**BECOME A PUBLISHED AUTHOR!** We edit, print and distribute your work internationally. We do the work... You reap the Rewards! Call for a

FREE Author's Submission Kit: 1-877-287-9291 (LA-SCAN)

**DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND.** Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-844-605-9298 (LA-SCAN)

**INVENTORS - FREE INFORMATION PACKAGE** have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call 1-855-408-2156 for a Free Idea Starter Guide. Submit your idea for a free consultation. (LA-SCAN)

**LUNG CANCER? AND AGE 60+?** You And Your Family May Be Entitled To Significant Cash Award. No Risk. No Money Out Of Pocket. For Information Call 1-877-703-7011 (LA-SCAN)

**MEET SINGLES RIGHT NOW!** No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now: 1-866-233-2480 (LA-SCAN)

**PREGNANT? CONSIDERING ADOPTION?** CALL us first. Living ex-

penses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-855-780-8359 (LA-SCAN)

**APPLYING FOR SOCIAL SECURITY DISABILITY OR APPEALING A DENIED CLAIM?** Call Bill Gordon & Assoc., Social Security Disability Attorneys, 1-844-883-2045 FREE Consultations. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. (TX/NM Bar)] (LA-SCAN)

**AIRLINE MECHANIC TRAINING GET FAA CERTIFICATION.** No High School Diploma or GED-We can help. Approved for military benefits. Financial aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance. 877-902-6315 (LA-SCAN)

**HEALTHCARE CAREER TRAINING ONLINE.** Start a New Career in Medical Billing & Coding. Medical Administrative Assistant. To learn more, call Ultimate Medical Academy. 1-855-400-1967 (LA-SCAN)

**ARE YOU BEHIND \$10K OR MORE ON YOUR TAXES?** Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 1-855-402-7354 (LA-SCAN)

**FINANCIAL BENEFITS FOR THOSE FACING SERIOUS ILLNESS.** You may qualify for a Living Benefit Loan today (up to 50 percent of your Life In-

surance Policy Death Benefit.) Free Information. CALL 1-844-297-7783 (LA-SCAN)

**SAVE YOUR HOME!** ARE you behind paying your MORTGAGE? Denied a Loan Modification? Threatened with FORECLOSURE? Call the Homeowner's Relief Line now for Help! 1-866-470-1641 (LA-SCAN)

**DIRECTV & AT&T 155 CHANNELS & 1000S OF SHOWS/MOVIES ON DEMAND (W/SELECT PACKAGE.)** AT&T Internet 99 Percent Reliability. Unlimited Texts to 120 Countries w/AT&T Wireless. Call 4 FREE Quote- 1-866-734-0452 (LA-SCAN)

**GET A SMARTPHONE FOR \$0 DOWN\* WITH AT&T NEXT® AND AT&T NEXT EVERY YEAR?** \$250 Gift Card for Switching to AT&T! (\*Req's well-qualified credit. Limits & restr's apply.) 1-844-334-8365 (LA-SCAN)

**HUGHESNET SATELLITE INTERNET - 25MBPS STARTING AT \$49.99/MONTH!** Get More Data FREE Off-Peak Data. FAST download speeds. Wi-Fi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-844-253-8788 (LA-SCAN)

**SPECTRUM TRIPLE PLAY! TV, Internet & Voice for \$29.99 each.** 60 MB per second speed No contract or commitment. More Channels. Faster Internet. Unlimited Voice. Call 1-844-669-6795 (LA-SCAN)

**VIASAT SATELLITE INTERNET UP TO 12 MBPS PLANS STARTING AT \$30/MONTH.** Our Fastest Speeds (up to 50 Mbps) & Unlimited Data Plans Start at \$100/month. Call Viasat today! 1-855-801-0860 (LA-SCAN)

**ATTENTION: OXYGEN USERS! GAIN** freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 855-382-4168 (LA-SCAN)

**ATTENTION: VIAGRA AND CIALIS USERS!** A cheaper alternative to high drugstore prices! 50 Pill Special - \$99 + FREE Shipping! 100% guaranteed. CALL NOW: 1-855-403-6345 (LA-SCAN)

**YOUR MEDICATION, MADE EASY!** PillPack is a full-service pharmacy that sorts your medication by the dose and delivers to your door -- For free. Learn more: 877-811-5046 (LA-SCAN)

**CDLA REGIONAL DRIVERS. RUN** in OK, AR, LA and TX! Home weekly, earn \$1100-\$1300 plus great benefits! Rider and Pet program. Call 888-537-0273 today! (LA-SCAN)

### REPAIRS, REMODELING & PAINTING

Residential or Commercial Small jobs welcomed. When your time is tight, call on us!

**MORRIS TEAM REALTY LLC**

**337-239-3885 or 337-424-9522**

### NOW LEASING RAILWAY OFFICE/RETAIL SUITES



Suite	Sq. Ft.	Rent
#300	110	\$160
#301	345	\$230
#302	906	\$530
#306	132	\$190
#308	659	\$390
#309	257	\$200
#311	259	\$200
#313	305	\$230

CAN BE COMBINED FOR LARGER UNIT, UTILITIES INCLUDED IN ABOVE IN LEESVILLE, CLOSE TO FT. POLK

#	Also Available:	
#1	1227	\$1030
#2	297	\$250
#3	264	\$220
#4	336	\$280

Units may be combined Six Month and Up Lease Terms

337-239-3885 Morris Team Realty, LLC

**COMPLETE FAMILY DENTISTRY**

Including:

- Orthodontics • Preventive Dentistry • Oral Surgery
- Same Day Service On Dentures & Partials
- Cosmetic Dentistry • ZOOM Whitening
- Botox • Juvaderm • Restylane

Dr. Charles Hudson • Dr. Warren Thomas  
Dr. Grace Garbo • Dr. Sandra Culp • Dr. Julie Evans-Steiner

**DENTAL INSURANCE WELCOME**

**LEESVILLE**  
238-3384  
1-800-737-7363  
706 S 6th St

**FINANCING AVAILABLE**

**DERIDDER**  
463-6545  
1-888-737-2423  
1808 Hwy 190 W Ste. D

**PSYCHIC**

★★★★★ *By Mrs. Jane*

**HEALER & ADVISOR**

Do you feel lost? Are you confused?  
Are you missing something in your life?

Mrs Jane will:

- Remove Bad Luck
- Reunite Love Ones
- Fix Drug Problems

**CALL NOW**  
Open 7 Days a Week  
10AM - Midnight

**318.357.9217**  
4364 Hwy 3278 Natchitoches, LA 71457

**HELP WANTED**

Custodians on Fort Polk

Please apply in person at Town of Rosepine located at 18846 Johnny B Hall Memorial Hwy Rosepine, La.

**EXTENDED STAY**

Fully furnished, Jacuzzi, TV cable & internet, quiet location.

**UNFURNISHED HOUSES & APARTMENTS** for lease.

**OFFICE & RETAIL UNITS** for lease.

**MORRIS TEAM REALTY LLC**  
**337-239-3885**



# WALKER



318-445-6421 | [WalkerAutoMitsubishi.com](http://WalkerAutoMitsubishi.com)  
1616 MACARTHUR DR., ALEXANDRIA LA 71301



BUY FOR:

# \$13,965



NEW 2018 **MIRAGE G4** (I)

WE'LL GIVE YOU THE  
**ABSOLUTE MAX**  
FOR YOUR TRADE!

Example stk# 819038. MSRP \$16465. Includes \$2500 customer cash, and \$2125 dealer discount. Excludes TT&L, registration, insurance & \$150 dealer fee. Ends 2/28/19.